

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Glycine (g) ; Glutamic acid (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 30, 2016 03:02 EDT

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	11.892	39.077
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	11.429	37.800
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	9.024	22.254
05305	Ground turkey, raw	453.6	1.0 lb	4.876	14.261
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	3.979	16.038
10898	Pork, pickled pork hocks	117.0	3.0 oz	3.911	2.458
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.889	9.588
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	3.858	10.734
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	3.784	10.528
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	3.751	10.174
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	3.665	9.163
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	3.535	9.832
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	3.499	8.765
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.497	14.646
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	3.488	2.229
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.471	9.392
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	3.435	9.556
19041	Snacks, pork skins, plain	28.35	1.0 oz	3.378	2.162
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.301	12.301
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.260	12.472
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	3.242	12.835
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	3.216	8.944
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	3.207	8.921
20001	Amaranth grain, uncooked	193.0	1.0 cup	3.157	4.360
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	3.152	14.111
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	3.129	2.070
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.115	6.960

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	2.993	8.192
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	2.909	5.693
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	2.883	7.564
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	2.841	7.004
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2.800	11.734
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2.800	11.734
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	2.782	13.365
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.770	15.635
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	2.654	7.900
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	2.642	2.045
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	2.619	8.610
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	2.599	12.656
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.585	7.330
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	2.542	6.238
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.535	10.620
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.512	5.839
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	2.480	8.602
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	2.480	8.602
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	2.476	6.106
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.473	11.699
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	2.472	6.094
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.470	5.587
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	2.448	11.482
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.444	4.572
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.408	6.166
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	2.394	7.910
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2.392	10.769
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	2.377	7.983
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2.354	12.155
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	2.347	8.137
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	2.347	8.137
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	2.334	7.808
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	2.334	7.808

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.322	7.131
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	2.319	6.482
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.305	6.335
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2.302	8.109
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	2.302	8.109
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2.302	8.109
16091	Peanuts, spanish, raw	146.0	1.0 cup	2.301	7.979
16117	Soy flour, defatted	105.0	1.0 cup	2.283	9.561
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.274	3.917
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.272	6.927
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	2.268	7.742
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.266	5.588
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	2.255	6.899
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	2.254	5.555
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.253	4.245
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.232	5.235
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	2.229	7.731
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	2.229	7.731
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.220	5.664
16095	Peanuts, virginia, raw	146.0	1.0 cup	2.216	7.687
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.216	5.054
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	2.212	6.725
16093	Peanuts, valencia, raw	146.0	1.0 cup	2.208	7.655
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	2.200	6.119
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	2.195	6.104
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.180	8.541
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.166	5.211
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	2.159	7.556
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.159	8.148
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	2.151	8.266
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	2.146	7.207
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	2.146	7.207
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	2.145	5.967
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	2.143	7.549
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.134	6.503

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05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.127	5.665
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	2.126	5.685
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.125	6.481
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	2.124	5.932
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.121	6.012
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.115	4.963
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.113	5.180
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.107	7.703
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	2.099	6.485
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.092	7.649
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.092	6.378
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	2.083	7.226
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	2.079	6.466
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	2.075	7.298
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.071	7.181
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.070	7.569
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.063	7.150
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.061	7.802
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.051	6.093
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.051	6.093
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.050	5.696
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	2.050	4.127
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.049	7.104
12061	Nuts, almonds	143.0	1.0 cup, whole	2.043	8.875
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	2.041	6.350
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	2.029	6.426
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	2.019	3.627
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	2.017	6.402

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.016	5.504
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	2.005	6.225
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	2.001	4.053
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.994	6.076
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.992	5.917
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	1.989	6.066
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.988	6.195
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.987	6.055
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.975	8.826
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.973	7.533
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.972	4.506
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	1.961	5.539
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.956	2.442
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.955	8.491
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.955	8.491
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	1.955	6.607
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	1.955	6.787
16144	Lentils, pink or red, raw	192.0	1.0 cup	1.947	7.427
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.943	4.714
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	1.940	4.962
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	1.939	5.760
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	1.936	5.558
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.935	5.901
16069	Lentils, raw	192.0	1.0 cup	1.924	7.332
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	1.922	1.864
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	1.920	5.083
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.897	5.106
16099	Peanut flour, defatted	60.0	1.0 cup	1.887	6.545
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.885	6.215
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	1.884	6.370
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.882	5.737
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.878	5.149
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.877	6.412

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05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	1.876	5.722
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	1.874	6.396
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.869	5.698
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	1.868	4.608
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.867	9.640
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.866	5.688
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.866	7.059
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.863	4.677
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	1.863	6.298
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	1.862	5.491
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.859	4.762
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.859	7.469
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.859	7.469
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	1.851	8.527
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.844	4.545
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	1.842	7.193
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.841	5.142
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.837	4.052
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.837	4.063
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	1.836	4.318
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.830	2.886
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1.830	11.227
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.829	6.923
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.828	4.543
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	1.828	6.916
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	1.825	5.565
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	1.823	5.718
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	1.822	6.156
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	1.822	6.156
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	1.820	6.048
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.820	7.106
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	1.816	5.694

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23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	1.811	5.331
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	1.811	6.853
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.810	7.301
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.808	4.457
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.806	5.032
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	1.802	6.383
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.800	4.749
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	1.799	5.017
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.796	6.155
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	1.793	7.240
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.786	5.445
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.783	5.886
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	1.782	6.021
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.780	4.389
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.778	6.024
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	1.775	8.029
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	1.774	4.610
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.773	7.254
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.772	6.919
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.766	5.062
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	1.762	5.482
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	1.761	6.237
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.760	4.339
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	1.760	5.474
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.759	5.898
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	1.758	6.668
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	1.758	6.669
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	1.757	4.333
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.756	4.330

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.755	4.327
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.754	4.326
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.753	6.846
20008	Buckwheat	170.0	1.0 cup	1.753	3.478
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.752	6.839
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.750	5.695
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	1.750	5.904
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.746	4.676
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	1.742	6.596
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	1.740	6.162
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.738	4.287
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.737	4.282
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.736	6.631
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.736	6.631
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.735	3.825
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.727	4.258
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.727	3.754
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.727	4.258
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.721	4.244
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.721	5.243
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.719	5.240
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.718	6.709
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.714	7.206
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	1.714	4.767
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.712	4.221
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.708	4.682
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.703	4.198
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1.702	7.130
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.702	3.771
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.700	4.192

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.698	3.753
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	1.696	6.433
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.696	4.180
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.694	4.177
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.693	6.615
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.688	4.162
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.688	4.599
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.687	3.727
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.684	6.576
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.682	3.715
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.681	2.758
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	1.681	6.703
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.677	7.695
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.676	3.760
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.675	4.613
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.675	4.613
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	1.672	4.652
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	1.669	3.827
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	1.668	5.184
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	1.667	5.187
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.667	4.111
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.666	6.444
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.665	3.679
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	1.665	4.326
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	1.665	5.602
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.664	4.178
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	1.664	6.488
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.660	6.909
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.657	5.051
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.657	4.238
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	1.655	0.760
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	1.655	0.760

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.653	3.655
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	1.653	5.141
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.652	4.548
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.652	4.548
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.650	5.576
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	1.648	3.780
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	1.647	4.581
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	1.646	5.566
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.645	7.545
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.644	10.314
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	1.643	3.631
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.642	6.656
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.640	3.624
20078	Wheat germ, crude	115.0	1.0 cup	1.638	4.594
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	1.637	3.754
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.635	6.390
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.635	6.900
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.631	7.121
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.628	5.192
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.626	3.728
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.624	4.077
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.624	5.353
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.624	5.093
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	1.622	3.720
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.622	7.438
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.619	6.322
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	1.618	3.712
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.613	5.408
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.607	5.962
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.607	3.964
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.605	4.418
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.603	4.935
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.600	3.535
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.599	3.532
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.599	4.875

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	1.598	3.664
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	1.598	4.091
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.595	4.893
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.594	3.930
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.593	4.385
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.590	3.513
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.587	6.061
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.587	6.061
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.587	6.061
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.587	3.913
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.587	3.913
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.586	3.448
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.586	9.400
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1.584	7.720
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.582	4.916
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.581	4.353
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.581	3.898
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.581	3.898
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.580	3.896
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.579	4.862
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.574	3.478
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.573	4.893
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.572	3.876
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.567	3.865
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.565	3.522
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.564	4.422
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.562	4.301
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.561	6.099
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.561	4.803
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.559	3.443

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.557	3.839
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.557	3.439
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.552	3.974
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.552	5.936
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.550	3.820
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	1.547	3.884
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.545	5.282
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.545	8.520
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.543	3.609
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	1.542	5.464
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.540	3.796
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	1.538	3.938
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.538	4.920
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.536	5.842
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.535	3.391
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.535	5.187
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.535	5.187
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.535	3.390
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.534	3.783
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.534	2.754
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.533	5.146
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.530	4.213
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	1.529	3.500
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.529	3.528
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1.527	4.750
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.527	5.962
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.527	3.763
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.527	4.698
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.524	4.502
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.523	4.778

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.522	3.753
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.520	3.358
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.518	3.743
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.516	3.348
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.516	3.347
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.514	3.731
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.514	2.580
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.513	3.731
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.512	3.727
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.511	3.339
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.505	3.711
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.505	3.981
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.505	3.325
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.504	4.630
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.504	3.323
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.502	3.703
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.500	4.666
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.500	2.976
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.499	3.697
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.498	3.693
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.498	3.442
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	1.497	2.032
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	1.496	2.970
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.495	3.303
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.495	3.686
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.493	5.073
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.493	3.660
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.490	3.291
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1.489	6.105

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.488	3.763
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.487	4.841
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.487	4.841
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.486	6.440
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.486	5.861
16106	Meat extender	88.0	1.0 cup	1.485	7.628
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	1.485	3.802
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.484	3.817
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.483	3.329
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.483	4.565
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.483	3.658
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.482	3.652
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.481	4.316
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.479	5.649
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.479	5.649
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.478	3.786
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.477	2.328
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.476	1.996
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.476	4.383
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.476	3.261
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	1.475	3.776
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.474	4.624
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.474	3.256
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.474	3.256
05641	Ostrich, ground, raw	109.0	1.0 patty	1.473	3.378
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	1.472	4.307
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.471	4.528
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.469	4.521
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	1.466	4.513
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.466	3.452
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.465	3.612
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.465	4.949
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.464	4.986

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.464	3.233
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.464	3.609
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.461	2.620
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.461	4.542
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.461	4.452
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.461	4.452
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.458	6.060
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.456	2.848
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.456	3.590
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.456	3.216
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.455	3.214
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.454	3.584
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.453	4.517
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.453	3.582
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.451	3.837
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.451	3.537
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.450	4.374
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.450	3.574
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.450	3.993
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.450	3.575
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.449	4.897
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.449	3.573
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.449	4.460
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.449	3.663
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.448	3.709
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.448	3.709
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.447	3.567
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.447	3.567

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.447	3.347
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.446	9.190
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	1.446	3.702
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.446	3.556
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.445	4.528
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.444	4.317
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.443	3.559
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.443	4.486
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.443	4.487
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.442	3.648
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.442	3.813
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	1.441	4.018
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.440	3.361
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.440	3.550
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.440	3.641
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.438	3.545
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.436	3.542
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.435	4.329
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.434	3.579
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.433	3.533
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1.431	8.335
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.431	3.530
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.426	3.516
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.426	4.391
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.425	1.816
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.425	3.516
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.425	3.513
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.425	3.512

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.425	3.512
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.424	1.779
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	1.424	3.645
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.423	4.695
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.420	3.499
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.420	3.136
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.418	5.066
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.417	4.360
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.417	4.214
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.416	3.128
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.416	3.493
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.414	3.486
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.414	4.201
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.413	3.483
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.411	3.479
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.411	3.479
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.410	4.767
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.409	3.475
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.409	3.564
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.408	3.473
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.407	4.243
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.407	3.467
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.407	4.333
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.406	3.466

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.405	3.463
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	1.405	3.906
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.404	3.524
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.404	1.931
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.403	3.460
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.403	3.918
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	1.403	4.363
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.402	4.143
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.401	4.310
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.400	5.338
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	1.398	4.156
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.398	3.447
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.398	3.535
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	1.397	3.576
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.396	3.440
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.395	3.571
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.393	3.567
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.393	4.288
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.393	4.287
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.391	3.615
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.391	3.431
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.391	3.516
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.390	3.514
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	1.390	3.867
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.389	3.557
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.388	6.666
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	1.387	4.269
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.386	3.419

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.386	3.419
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.386	3.062
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.386	3.506
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	1.385	3.547
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.385	3.504
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.385	3.415
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.385	3.414
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	1.383	3.540
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.380	3.534
11450	Soybeans, green, raw	256.0	1.0 cup	1.380	6.228
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.380	5.430
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.380	3.532
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.379	3.488
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.378	4.545
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.377	4.242
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.377	3.396
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.376	3.040
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.376	2.720
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.376	3.392
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.376	2.743
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.375	3.390
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.374	3.835
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.374	3.518
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.371	3.512
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.369	3.376
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.369	3.148

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.369	3.787
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.368	3.374
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.368	3.374
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.368	5.729
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.366	3.815
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.366	3.368
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.366	4.203
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.365	3.496
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.365	4.202
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.365	4.604
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.365	4.536
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.364	4.389
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.364	3.492
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.363	3.361
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1.363	5.215
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.362	4.047
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.361	5.149
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.361	3.356
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.361	3.356
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.360	3.482
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.358	3.479
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1.358	2.953
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.357	3.736
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.355	3.468
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.354	3.338
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.353	3.422
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.353	4.207

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.352	3.421
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.351	3.822
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.351	3.573
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.351	5.279
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.350	5.109
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.350	2.981
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.349	3.945
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.349	3.326
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.349	3.966
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.348	3.047
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.346	3.087
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.344	4.799
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.344	3.441
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.343	3.990
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	1.342	3.368
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.341	5.619
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.341	3.963
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.341	2.980
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.341	4.207
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.341	3.390
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.340	3.482
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.338	3.426
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.338	2.972
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	1.338	3.733
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.338	3.299
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.336	2.896
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.335	3.674
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.334	2.404
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	1.333	0.613

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.333	5.042
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.332	3.523
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.332	3.411
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.331	3.747
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.329	3.891
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.329	4.165
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.328	3.044
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.328	3.274
05158	Quail, meat only, raw	92.0	1.0 quail	1.327	2.594
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.324	5.545
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.324	5.545
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.324	3.350
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.323	4.078
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.322	3.385
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.321	3.340
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.321	3.382
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.321	3.382
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.321	2.080
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.318	4.672
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.318	3.862
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.318	4.059
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.318	2.912
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.318	2.910
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.318	3.556
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.317	4.705
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.315	4.047
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.315	4.698
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.314	3.731
20038	Oats	156.0	1.0 cup	1.312	5.791
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.312	3.358

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.312	4.964
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.311	3.357
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.309	3.227
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	1.309	3.352
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.306	3.345
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	1.306	3.632
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.304	3.338
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.303	4.396
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.303	3.686
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.302	3.637
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.301	3.582
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.301	3.580
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.301	3.580
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.300	4.000
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.300	3.327
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.299	2.978
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.296	5.523
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.296	5.523
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.295	3.315
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.295	4.381
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.294	4.363
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.292	4.261
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.292	3.924
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.291	3.835
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.291	4.292

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.290	1.949
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.290	4.882
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.289	3.409
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.289	2.964
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.289	2.984
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	1.288	3.593
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	1.288	3.298
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.287	2.960
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.287	4.870
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.286	8.946
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.286	3.294
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	1.286	3.228
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.286	4.419
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.283	3.245
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.283	4.858
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	1.282	3.985
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.281	3.528
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.281	2.877
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.280	4.224
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.279	3.522
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.279	3.235
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.278	3.978
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.278	3.152
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.278	3.516
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.278	3.231
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.277	3.784
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.277	3.516

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.277	4.831
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.277	3.516
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.275	4.304
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.274	8.637
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.274	3.933
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.273	3.549
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.273	4.818
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	1.273	3.261
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.273	3.505
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.272	2.910
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.272	4.825
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.272	2.489
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.272	2.917
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.272	3.915
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.271	3.119
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.270	3.131
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.269	4.217
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.268	3.944
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.268	3.352
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1.268	3.248
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.268	5.437
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.267	2.021
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.267	3.490
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.267	3.823
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	1.266	2.752
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1.266	3.242

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.265	3.482
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.265	4.267
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.264	3.108
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	1.263	3.234
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.263	3.233
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.262	3.231
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.262	3.191
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.261	3.749
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.261	3.687
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	1.261	3.228
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	1.260	5.512
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.260	2.752
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.260	4.768
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.260	4.768
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.256	2.802
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.256	2.951
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.256	3.178
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.256	3.034
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.255	3.465
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.254	3.476
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.254	2.876
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.253	3.479
16114	Tempeh	166.0	1.0 cup	1.252	5.465
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.251	3.445
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.251	3.849
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.251	3.445

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.250	3.921
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.250	2.865
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.249	4.726
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.249	4.119
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.249	3.489
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	1.248	3.257
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	1.247	0.795
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.247	3.603
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.247	3.663
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.245	4.714
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.245	3.699
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	1.245	3.187
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.245	3.860
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.244	3.951
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.244	4.705
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.242	2.847
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.242	3.420
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.241	2.436
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.241	5.289
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.240	4.122
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.240	4.183
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.240	3.175
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	1.240	0.570
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	1.240	0.570
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	1.239	2.842
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.239	3.902
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	1.238	3.170

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.238	4.687
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.238	3.340
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.238	3.132
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.236	3.125
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.234	4.669
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.233	3.892
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.233	4.666
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.232	3.797
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.232	4.158
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.232	3.311
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.232	4.366
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.232	3.663
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.232	4.661
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.232	3.375
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.231	2.824
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.231	3.714
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.230	--
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.230	4.496
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.228	4.081
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.228	3.650
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.228	3.143
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.227	4.048
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.227	3.406
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.227	2.821
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.227	3.774

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.227	4.486
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.226	4.221
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	1.226	3.138
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.225	3.770
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.224	2.808
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.224	3.133
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1.223	4.136
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.223	3.634
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.223	3.367
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.223	3.305
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.222	4.469
16100	Peanut flour, low fat	60.0	1.0 cup	1.222	4.238
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.221	3.630
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.221	3.757
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.221	4.621
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.221	3.794
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.216	3.615
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	1.216	4.307
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.216	4.601
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.216	4.444
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.216	4.167
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.215	5.576
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.215	5.576
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.214	4.081
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.214	2.709
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.213	3.219
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.213	3.432
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.212	4.431

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.211	3.996
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.211	4.015
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	1.210	3.956
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.210	2.701
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.210	3.727
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.210	3.724
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.209	2.670
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.209	3.535
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.209	4.191
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.208	2.409
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.208	2.778
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.206	3.543
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.206	3.306
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1.206	4.037
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.205	3.525
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.204	3.540
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.204	4.171
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.202	2.697
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.202	3.311
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.201	3.566
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.201	4.545
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.200	3.567
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.200	4.389
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.199	4.158
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.199	3.301
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.199	5.521
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.198	3.583

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.198	4.534
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	1.198	3.935
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.198	3.059
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	1.196	4.238
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.196	5.428
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.195	3.093
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.195	4.039
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.195	4.523
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.195	3.971
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.194	2.944
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.193	3.675
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.193	4.517
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.193	2.366
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.193	3.934
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	1.192	3.662
20071	Wheat, hard red spring	192.0	1.0 cup	1.192	9.496
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.192	3.426
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.192	3.352
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.192	4.357
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.191	4.026
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.191	3.537
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.190	3.009
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	1.189	3.308
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.189	4.501
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	1.189	3.921
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.189	3.920

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.189	4.348
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.189	1.929
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.188	3.697
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.188	4.006
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.187	2.926
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.187	4.339
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.186	4.336
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.186	2.923
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.184	3.517
21251	BURGER KING, Cheeseburger	133.0	1.0 item	1.184	4.150
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.183	4.476
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.183	3.476
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.182	4.474
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	1.182	3.859
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.181	7.733
20035	Quinoa, uncooked	170.0	1.0 cup	1.180	3.170
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.179	2.906
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.179	4.108
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.177	3.497
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.177	3.628
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.177	3.179
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	1.177	2.338
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.176	3.968
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.176	4.460
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.176	4.448

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.176	3.222
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.175	3.490
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.174	3.015
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.173	3.867
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.172	3.868
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.171	3.064
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.171	4.284
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.171	3.226
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.171	3.481
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.171	3.480
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.170	4.279
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.170	3.422
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.170	3.475
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.169	2.180
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.168	5.769
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.168	5.769
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.168	3.108
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.168	3.947
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.166	4.412
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.165	3.463
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.164	2.944
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.164	2.945
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	1.164	2.923
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.164	4.404
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.164	4.415

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.163	3.865
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.163	3.833
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1.162	4.534
19059	Snacks, trail mix, regular	150.0	1.0 cup	1.162	4.534
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.162	3.523
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.161	4.247
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.160	3.922
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.157	3.698
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.157	4.133
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.157	2.853
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.156	4.228
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.156	3.642
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.156	4.016
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.155	3.165
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.155	3.486
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.155	3.181
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1.155	3.809
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.153	3.833
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	1.153	3.801
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	1.153	3.801
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.153	2.951
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.153	4.215
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.152	3.886
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	1.151	3.658
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.151	3.423
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.151	3.578
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.150	3.539

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.150	3.418
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.150	3.539
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1.149	3.845
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.149	3.414
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.148	3.501
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.148	4.101
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	1.148	4.068
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.148	3.092
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.147	3.159
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.147	2.826
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.146	3.408
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.145	3.563
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.144	3.858
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.143	4.337
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.143	4.083
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.143	3.861
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.142	3.795
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.142	3.770
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.142	3.549
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.142	3.513
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	1.142	3.230
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	1.142	3.728
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.142	4.320
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.141	3.847
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.141	3.392

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.140	2.919
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.140	3.401
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.139	3.455
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.139	2.929
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.139	3.543
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.138	3.846
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	1.138	2.914
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.138	4.160
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.137	3.019
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.136	2.802
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	1.136	3.004
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.136	4.298
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.136	3.839
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.135	4.293
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.135	3.828
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.134	2.815
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.134	2.815
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.134	3.536
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.133	3.369
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.133	3.822
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.132	1.557
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.131	3.760
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.131	3.922
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.131	4.281
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.131	3.115
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.131	3.488
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.131	2.897
16113	Natto	175.0	1.0 cup	1.130	5.840

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.130	4.129
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.130	4.275
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	1.129	3.151
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.129	4.282
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.129	3.753
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	1.129	3.688
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.128	3.471
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.128	3.473
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.128	3.719
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.128	3.585
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.127	3.352
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.127	4.265
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.127	4.267
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.125	3.345
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.125	4.259
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.125	3.463
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.125	3.804
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.125	3.345
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	1.125	3.763
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.124	4.233
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.124	3.310
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	1.123	2.141
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.123	3.706
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.123	3.458
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.123	2.768
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.121	2.870

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.120	4.238
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.120	2.980
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.120	4.389
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.120	4.389
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.119	3.327
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.119	3.447
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.119	3.081
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.118	3.964
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.118	2.656
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.117	5.373
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.117	5.373
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.117	3.683
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.117	2.753
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.117	2.755
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	1.116	3.953
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	1.116	1.162
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.116	2.802
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.116	3.472
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.116	2.752
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.116	2.427
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.115	3.070
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.115	3.770
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.114	2.995
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.114	3.054
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.113	3.424
15022	Fish, cusk, raw	122.0	1.0 fillet	1.113	3.459
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.112	4.065
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.111	3.452
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1.110	3.714

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.109	3.300
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1.109	3.749
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.109	3.297
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.109	2.735
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.109	3.658
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.108	3.295
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.108	2.732
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.108	4.194
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.108	3.052
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.108	3.052
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.108	3.052
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.108	3.444
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.108	3.745
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.108	3.035
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.108	3.743
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.107	4.046
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.107	3.185
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.107	3.732
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.107	3.742
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.107	4.196
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.107	2.729
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.106	2.483
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.106	3.404
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.106	4.193
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.106	3.715
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.105	2.723
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.104	0.861
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.104	3.280

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.104	4.188
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.104	3.733
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.104	3.827
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	1.104	3.640
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.104	2.958
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.103	3.720
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	1.103	3.604
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1.102	3.726
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.102	3.636
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.102	3.819
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.102	4.168
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.101	3.273
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.101	6.207
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.101	6.207
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.100	4.965
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.100	4.965
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.100	2.712
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	1.099	2.430
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.099	2.710
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.099	4.159
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.099	3.714
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.099	4.020
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.098	3.381
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.098	2.707
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.098	2.708
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.098	3.380
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.098	3.712

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.097	3.804
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.097	4.152
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.096	3.343
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.096	3.257
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.096	3.737
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.096	2.702
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.095	3.795
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.095	4.151
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.095	3.639
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.094	3.776
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	1.094	3.044
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.094	3.697
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.094	3.011
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.094	2.696
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.094	2.800
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	1.093	3.473
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	1.093	3.473
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	1.093	3.473
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.092	3.195
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.091	3.689
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.091	3.990
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.091	3.992
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.091	3.005
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.091	2.689
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	1.090	3.985
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	1.090	4.083

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.090	3.986
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.090	3.591
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.089	2.999
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.088	3.232
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.087	2.981
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.087	3.974
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.087	3.613
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.086	3.973
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.086	4.028
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.086	3.229
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.086	2.699
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.085	2.677
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.085	4.109
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.085	3.227
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.085	2.988
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.085	2.904
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.084	3.542
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.084	3.663
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	1.084	3.654
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.084	3.335
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.084	2.672
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.083	3.367
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.083	3.026
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.083	3.660
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	1.083	3.367
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.083	3.959

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.083	3.317
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.082	3.215
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.081	4.093
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.081	2.963
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1.081	3.698
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.080	2.961
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	1.080	3.950
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.080	3.558
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.079	3.292
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.079	2.762
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.079	4.090
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.078	3.045
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.077	3.633
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.077	4.083
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.077	3.552
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.077	3.550
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.077	2.655
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.077	9.001
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.076	3.638
15006	Fish, burbot, raw	116.0	1.0 fillet	1.075	3.344
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.075	3.513
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.075	3.628
20088	Wild rice, raw	160.0	1.0 cup	1.075	4.104
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.075	3.278
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.074	2.649
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.074	3.725
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.074	3.631
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	1.074	3.340

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15083	Fish, salmon, pink, raw	85.0	3.0 oz	1.074	2.468
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.074	3.721
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.074	2.646
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.074	2.838
20069	Triticale	192.0	1.0 cup	1.073	7.692
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.073	3.619
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	1.073	2.370
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.073	2.468
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.073	3.336
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	1.073	2.370
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.072	2.937
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.072	2.935
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.071	2.950
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.071	3.915
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.070	3.711
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.070	2.638
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.070	2.638
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.070	3.709
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.070	2.639
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.069	4.056
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.069	3.326
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.068	2.810
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.068	2.634
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.068	3.176
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.068	2.634
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.068	2.634

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.068	2.676
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.068	0.832
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.068	2.632
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.067	3.698
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.067	2.938
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.067	2.630
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.067	3.811
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.066	3.897
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.065	4.882
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.065	3.278
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.065	3.592
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	1.064	3.770
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.064	4.038
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.062	3.556
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.062	3.588
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	1.062	3.301
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.062	3.972
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.062	3.529
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	1.061	2.262
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	1.061	3.410
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.061	3.152
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.061	3.299
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	1.060	2.949
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.060	2.919
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.060	4.020
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.060	3.582

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.060	2.614
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.059	2.366
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.059	3.873
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.059	3.150
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.059	3.580
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.059	3.147
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.059	3.573
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.059	3.870
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.058	3.557
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.058	3.870
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.058	3.870
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.057	3.777
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.057	3.142
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.057	3.564
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.057	2.912
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.057	3.145
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.057	3.868
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.057	3.743
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.057	3.141
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.057	2.238
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.056	2.985
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.056	2.602
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.056	2.908

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	1.056	3.539
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.056	3.561
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.056	3.860
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.056	3.561
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.056	2.907
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.055	3.487
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.055	3.557
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.054	3.653
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.054	3.442
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.054	3.553
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	1.054	3.350
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.054	2.902
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.053	3.652
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.053	3.552
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	1.053	3.276
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.052	3.296
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.052	3.126
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.052	3.439
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.051	2.591
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	1.051	3.466
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1.050	3.428
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.050	3.981
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.049	3.536
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.049	2.341
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	1.049	3.263
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.049	3.980

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.048	2.887
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.048	3.115
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.048	3.330
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	1.048	3.330
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.048	3.422
20140	Spelt, uncooked	174.0	1.0 cup	1.047	8.093
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.047	3.011
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.047	3.114
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.046	2.882
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.046	3.529
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.046	3.222
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1.046	2.792
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.046	2.813
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.045	3.528
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.045	3.525
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.045	2.878
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.045	3.105
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.045	3.525
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.044	2.873
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.044	2.573
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.044	3.103
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.043	3.510
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.043	3.954
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.043	3.496
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.043	3.695

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.043	3.954
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.042	3.725
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.041	3.437
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.041	3.504
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.040	3.507
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.040	3.237
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.040	3.171
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.040	2.863
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.040	3.494
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.040	3.454
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.040	3.506
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.040	2.307
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.039	2.774
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.038	3.393
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.038	3.227
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.038	3.937
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.038	3.507
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.037	3.390
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.037	2.275
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.037	3.504
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.037	3.387
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.037	3.419
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.036	3.384
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.036	3.078
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.035	3.076
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.035	3.500

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.035	3.590
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.035	3.290
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.034	3.073
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.034	3.057
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.033	3.778
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.033	2.843
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.033	3.403
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.033	2.845
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.033	3.916
20060	Rice bran, crude	118.0	1.0 cup	1.032	2.188
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.032	3.068
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.032	3.916
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	1.031	3.208
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.031	2.396
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	1.030	2.369
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.030	3.481
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.029	3.059
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.029	1.467
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	1.029	2.584
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.028	3.419
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.028	3.473
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.028	3.052
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.028	3.056
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.028	2.829
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.028	3.475

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.027	3.637
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.027	2.770
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.026	2.530
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.026	3.882
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.026	3.882
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.026	4.065
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.025	3.748
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.024	3.462
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.024	2.710
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.024	5.017
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1.023	3.343
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	1.023	2.495
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.023	3.740
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.023	3.740
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.023	3.740
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.023	3.038
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	1.022	3.507
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.022	3.036
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	1.022	3.614
16122	Soy protein isolate	28.35	1.0 oz	1.021	4.948
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.021	4.948
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.020	3.535
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.020	3.447
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.020	3.615
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.018	3.288
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.018	3.025
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.018	2.803

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.017	2.725
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.017	3.607
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.017	3.024
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.017	3.852
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.017	3.852
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.017	3.438
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	1.017	3.163
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.016	3.098
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.016	3.318
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.016	3.376
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1.015	3.318
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.015	2.502
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.015	2.502
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.015	3.015
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.015	3.347
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.015	3.519
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.014	3.012
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.014	3.153
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.014	2.724
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.014	3.012
20072	Wheat, hard red winter	192.0	1.0 cup	1.014	7.676
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.013	3.311
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.013	3.367
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.013	3.011
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.013	3.834

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.013	3.310
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.013	3.590
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.012	2.496
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.011	3.127
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.011	3.508
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.011	3.304
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.011	2.323
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.009	3.079
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.009	2.700
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.009	3.690
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	1.009	2.693
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.008	2.762
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1.008	3.292
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	1.008	2.297
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.008	3.132
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.007	3.132
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.005	3.194
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.005	3.194
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.005	3.194
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.004	3.394
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.004	2.364
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.004	3.672
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.004	2.609
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.003	3.057
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.003	3.667
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.003	2.474
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.003	3.669
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.003	3.308

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.002	3.794
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.002	3.550
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.001	3.578
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.001	3.470
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.001	3.303
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	1.001	3.112
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.000	3.346
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.000	3.110
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.000	3.268
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.000	3.543
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.000	0.779
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.000	3.656
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.000	2.752
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.000	2.752
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.999	3.106
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.998	3.320
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.998	3.320
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.998	3.278
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.998	3.372
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.997	2.773
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.997	3.257
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.997	3.534
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.997	3.256
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.997	4.681
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.996	2.456
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.996	3.253
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.994	3.772
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.994	2.352

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.994	3.089
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.992	3.241
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.992	3.241
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.992	3.312
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.992	2.780
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.992	4.143
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.991	3.795
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.990	3.747
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.990	3.292
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.990	3.617
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.989	2.940
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.989	3.506
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.989	2.220
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.989	3.744
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.989	2.940
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.989	3.335
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.989	3.426
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.988	3.227
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.988	3.499
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.988	3.225
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.987	3.337
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.987	3.328
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.987	3.337
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.987	3.736
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.987	0.657
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.986	3.254

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.985	3.220
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.985	3.284
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.984	3.248
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.983	3.244
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.983	3.317
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.983	3.870
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.983	2.423
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.983	3.265
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.982	2.749
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.982	3.211
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.982	3.209
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.982	2.703
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.982	3.250
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.982	2.514
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.981	3.261
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.981	3.711
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.981	3.476
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.981	3.259
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.980	2.728
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.980	3.265
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.980	3.307
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.980	3.305
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.980	3.307
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.979	3.397

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.979	4.355
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.978	2.550
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.978	3.108
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.978	2.909
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.978	2.681
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.978	3.227
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.978	3.108
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.978	3.108
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.978	2.719
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.977	3.295
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.977	3.222
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.977	2.226
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.977	3.252
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.977	3.697
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.976	3.189
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.976	3.292
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.976	3.026
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.975	3.216
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.975	2.896
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.975	4.243
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.974	3.249
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.974	3.213
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.974	3.687
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.974	3.182
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.974	3.170
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.973	3.233

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.973	3.234
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.972	2.890
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.972	2.426
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.972	2.966
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.971	3.364
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.971	2.392
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.970	2.119
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.969	3.168
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.969	3.358
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.967	3.010
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.967	2.663
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.967	3.353
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.967	4.148
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.966	2.870
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.966	2.125
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.965	3.685
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.965	2.471
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.964	2.997
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.964	2.967
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.964	2.997
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.964	3.647
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.964	3.647
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.964	3.341
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.963	2.638
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.963	2.996
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.962	3.205
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.960	3.245
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.960	3.138

NDB_No	Description	Weight(g)		Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0		3.0 oz	0.960	3.170
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0		3.0 oz	0.960	3.403
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0		3.0 oz	0.959	3.234
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0		3.0 oz	0.958	3.183
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0		3.0 oz	0.958	2.638
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0		3.0 oz	0.958	2.847
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0		4.0 oz	0.958	3.503
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0		3.0 oz	0.957	2.976
05123	Chicken, stewing, meat and skin, raw	85.0		3.0 oz	0.957	2.183
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0		3.0 oz	0.957	2.845
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0		3.0 oz	0.957	2.065
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0		3.0 oz	0.956	3.231
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0		3.0 oz	0.956	3.124
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0		3.0 oz	0.956	2.179
12155	Nuts, walnuts, english	117.0		1.0 cup, chopped	0.955	3.295
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0		3.0 oz	0.955	3.311
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0		3.0 oz	0.955	3.119
17107	Veal, loin, separable lean only, raw	85.0		3.0 oz	0.955	2.938
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0		6.0 inch sub	0.954	5.373
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0		6.0 inch sub	0.954	5.373
15041	Fish, herring, Atlantic, pickled	140.0		1.0 cup	0.953	2.965
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		0.953	0.893
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0		3.0 oz	0.953	3.199
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0		3.0 oz	0.953	3.335
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0		3.0 oz	0.952	3.140
15117	Fish, tuna, fresh, bluefin, raw	85.0		3.0 oz	0.952	2.960
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0		3.0 oz	0.952	2.829

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.951	3.601
20076	Wheat, durum	192.0	1.0 cup	0.950	9.107
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.950	2.961
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.950	2.605
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.949	2.682
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.949	3.290
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.949	2.470
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.948	2.917
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.947	3.009
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.947	3.009
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.947	3.009
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.944	3.575
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.944	3.575
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.944	2.588
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.944	2.937
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.943	2.800
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.942	2.132
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.942	3.563
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.942	2.200
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.941	0.733
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.940	2.319
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.940	2.523
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.940	4.700
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.939	3.556
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.939	2.790
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.939	2.612
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.939	2.924
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.938	3.705
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.938	3.063
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.938	3.168

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.938	3.117
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.938	2.652
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.938	2.312
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.937	2.979
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.937	2.979
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.937	2.979
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.936	3.542
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.936	3.542
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.936	2.781
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.936	2.780
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.934	2.776
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.933	3.154
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.933	3.950
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.932	3.528
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.932	2.901
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.932	2.387
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.932	2.897
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.931	3.407
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.930	3.068
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.930	2.548
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.929	2.546
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.929	2.888
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.929	2.562
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.928	2.541
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.928	2.542
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.928	2.877
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.927	3.136
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.927	3.031

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.927	2.287
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.927	3.044
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.926	3.384
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.926	2.618
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.926	3.511
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.925	4.176
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.925	4.176
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.924	3.063
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.924	3.496
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.924	2.873
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.924	3.115
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.924	3.496
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.924	4.143
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.923	2.744
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.922	3.490
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.922	3.109
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.922	2.868
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.921	3.194
20142	Teff, uncooked	193.0	1.0 cup	0.921	6.464
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.920	2.267
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.919	2.729
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.919	3.003
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.919	3.361
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.918	2.225
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.918	3.063
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.917	2.853
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.917	2.995
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.914	5.485
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.914	2.341

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.914	2.984
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.914	2.502
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.912	2.558
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.912	2.499
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.912	2.978
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.911	3.361
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.911	3.080
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.911	2.437
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.910	2.350
07005	Blood sausage	100.0	4.0 slices	0.910	2.120
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.910	1.977
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.909	3.019
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.909	3.066
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.908	3.434
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.906	2.292
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.906	3.057
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.906	3.011
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.905	2.691
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.905	3.426
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.904	2.983
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.902	2.804
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.901	3.392
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.901	3.418
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.901	3.418
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.901	2.678
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.901	2.794

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.901	2.973
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.899	3.157
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.898	2.566
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.898	2.791
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.897	2.408
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.897	3.203
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.897	9.611
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.896	2.536
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.896	2.327
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.895	5.436
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.895	2.536
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.895	2.995
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.894	8.971
05150	Goose, liver, raw	94.0	1.0 liver	0.894	1.994
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.894	3.270
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.893	2.723
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.893	2.918
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.893	2.483
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.892	2.524
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.892	3.383
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.892	3.383
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.891	2.911
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.891	4.120
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.891	2.357
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.891	2.959
20033	Oat bran, raw	94.0	1.0 cup	0.890	3.523
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.890	2.740
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.890	3.367

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.889	4.028
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.889	4.144
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.889	3.306
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.889	1.733
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.888	2.903
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.887	2.706
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.887	2.961
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.887	2.900
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.887	1.853
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.887	2.895
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.886	2.921
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.885	2.889
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.884	2.460
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.884	2.988
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.884	4.812
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.884	4.812
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.882	2.932
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.882	2.743
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.882	2.604
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.881	3.345
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.881	2.426
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.881	2.881
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.881	2.713
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.881	3.332
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.881	3.332
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.881	2.456
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.880	2.901
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.880	2.252

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.879	2.972
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.878	3.324
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.878	2.962
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.878	3.324
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.876	2.604
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.876	2.698
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.876	2.961
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.876	3.321
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.876	3.321
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.876	2.723
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.876	2.102
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.875	2.719
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.875	2.719
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.874	3.162
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.873	2.856
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.872	3.299
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.872	2.876
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.870	2.937
20063	Rye flour, dark	128.0	1.0 cup	0.870	4.018
07024	Frankfurter, chicken	85.0	3.0 oz	0.870	1.754
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.870	2.844
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.869	2.088
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.869	2.088
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.868	2.699
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.866	2.927
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.866	2.687
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.866	2.587
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.866	8.330
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.864	2.851
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.864	2.921

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.864	2.658
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.864	1.877
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.862	2.628
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.861	2.813
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.861	2.251
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.861	2.124
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.860	3.261
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.860	4.102
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.860	4.102
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.860	3.142
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.859	3.260
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.859	3.410
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.858	2.728
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.858	3.041
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.858	2.728
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.858	2.728
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.858	3.039
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.858	2.551
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.858	2.428
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.857	3.244
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.857	2.848
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.856	2.797
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.856	2.636
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.856	3.240
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.856	2.661
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.856	2.190
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.855	2.659
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.854	2.004
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.853	2.878
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.853	2.814
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.853	2.612

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.853	2.833
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.852	3.224
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.851	2.780
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.851	4.576
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.850	3.462
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.849	2.640
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.849	2.641
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.849	3.215
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.848	2.588
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.847	3.209
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.847	2.170
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.847	2.833
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.847	2.855
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.846	2.853
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.844	3.201
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.844	2.626
07059	Polish sausage, pork	85.0	3.0 oz	0.843	1.799
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.842	2.984
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.842	2.592
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.842	2.920
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.842	2.796
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.841	2.774
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.840	3.072
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.840	2.611
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.840	2.030
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.839	2.583
05621	Emu, ground, raw	117.0	1.0 patty	0.839	2.601
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.839	3.199

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.838	2.766
15053	Fish, milkfish, raw	85.0	3.0 oz	0.838	2.605
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.838	2.832
19352	Syrups, malt	332.0	1.0 cup	0.837	3.340
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.836	2.551
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.836	2.602
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.836	2.595
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.836	2.598
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.836	2.290
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.836	2.598
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.835	2.957
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.834	2.167
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.833	4.266
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.832	2.812
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.832	3.155
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.832	2.766
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.832	3.155
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.832	2.256
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.832	3.150
20004	Barley, hulled	184.0	1.0 cup	0.832	6.000
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.831	2.810
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.830	2.555
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.830	2.582
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.830	3.035
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.830	3.035
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.830	2.264
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.830	3.522
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.830	2.876
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.829	2.777
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.829	2.938
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.829	3.031
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.828	2.574

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.828	2.932
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.828	2.269
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.827	3.628
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.825	3.132
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.825	2.724
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.825	2.925
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.825	3.132
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.825	2.649
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.824	2.450
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.824	2.564
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.824	2.917
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.824	2.665
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.823	2.775
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.823	3.010
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.823	3.010
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.823	2.686
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.822	2.849
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.822	2.555
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.821	2.846
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.821	2.609
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.821	2.683
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.821	1.601
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.820	2.773
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.819	2.995
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.819	2.996
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.819	2.841
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.819	2.545
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.819	2.547
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.818	2.687

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.818	2.516
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.817	2.668
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.817	2.896
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.817	2.311
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.816	3.043
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.816	2.830
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.816	2.406
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.815	0.631
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.815	3.091
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.815	2.755
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.815	2.591
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.813	2.972
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.812	2.267
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.812	2.745
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.811	2.524
17142	Veal, ground, raw	85.0	3.0 oz	0.811	2.497
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.809	2.518
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.809	2.515
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.808	2.956
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.808	2.898
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.808	2.510
15110	Fish, swordfish, raw	85.0	3.0 oz	0.808	2.513
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.807	8.207
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.807	2.950
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.807	2.949
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.806	2.946
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.806	2.677
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.806	2.945
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.806	2.948
07008	Bologna, beef and pork	100.0	3.527 oz	0.805	2.718

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.803	2.938
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.803	3.798
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.802	2.842
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.802	2.934
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.802	2.619
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.800	2.614
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.800	2.835
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.800	2.925
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.799	2.796
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.799	3.170
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.799	3.032
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.799	2.921
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.799	3.593
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.798	2.188
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.797	3.025
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.797	2.766
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.796	2.911
01173	Egg, white, dried	28.0	1.0 oz	0.796	3.016
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.796	9.198
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.795	2.817
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.795	2.596
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.795	2.905
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.793	2.160
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.793	2.468
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.793	2.810
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.793	1.723
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.793	2.901
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.792	2.464

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.792	2.461
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.790	2.802
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.790	2.458
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.790	2.888
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.789	2.621
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.789	1.453
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.789	2.667
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.788	2.731
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.788	2.449
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.787	2.447
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.786	2.300
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.786	2.726
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.785	2.444
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.785	1.848
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.785	2.046
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.785	8.081
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.785	2.779
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.784	2.536
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.783	2.584
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.783	2.549
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.782	2.837
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.782	2.861
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.782	2.553
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.781	2.428
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.781	2.767
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.781	2.483
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.781	2.710
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.781	2.958
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.781	2.709
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.781	2.483

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.781	2.553
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.781	3.102
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.781	3.102
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.780	2.853
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.780	2.391
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.780	2.872
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.779	2.547
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.779	2.398
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.779	2.133
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.779	2.699
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.779	2.631
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.779	2.422
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.778	2.412
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.778	2.628
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.777	2.841
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.776	2.617
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.776	3.557
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.776	3.557
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.775	2.202
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.775	2.615
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.774	2.936
15044	Fish, ling, raw	85.0	3.0 oz	0.774	2.409
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.773	1.867
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.772	2.114
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.772	2.735
15033	Fish, haddock, raw	85.0	3.0 oz	0.772	2.399
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.772	2.822
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.772	2.453
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.772	2.453

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.771	2.542
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.771	2.819
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.771	2.870
15090	Fish, scup, raw	85.0	3.0 oz	0.770	2.395
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.770	2.816
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.770	2.110
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.770	3.054
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.769	1.858
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.768	2.509
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.768	2.508
20073	Wheat, soft red winter	168.0	1.0 cup	0.764	6.154
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.764	2.496
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.763	2.581
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.763	2.394
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.763	1.066
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.763	1.879
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.762	2.788
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.762	3.406
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.762	3.406
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.762	2.127
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.759	2.479
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.759	2.149
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.759	1.885
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.758	1.917
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.758	2.519
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.758	2.475
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.757	2.355
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.757	2.406
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.756	8.050
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.756	2.535

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.755	2.348
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.753	2.641
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.753	2.596
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.752	2.499
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.752	2.340
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.751	2.338
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.751	2.478
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.751	2.839
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.750	3.101
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.749	3.147
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.748	1.165
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.746	3.142
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.746	2.587
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.746	2.728
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.746	2.686
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.745	2.725
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.745	2.581
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.745	2.581
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.745	2.432
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.744	3.179
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.744	2.579
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.744	2.577
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.744	2.365
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.743	2.486
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.743	2.819
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.743	2.575
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.742	3.814

NDB_No	Description	Weight(g)		Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.742	2.573
16051	Beans, white, mature seeds, canned	262.0		1.0 cup	0.741	2.898
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0		3.0 oz	0.741	2.524
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0		3.0 oz	0.741	2.440
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.741	2.445
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35		1.0 oz	0.741	0.682
07958	Turkey sausage, fresh, cooked	57.0		1.0 serving	0.740	2.028
15011	Fish, catfish, channel, cooked, breaded and fried	87.0		1.0 fillet	0.740	2.366
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0		3.0 oz	0.740	2.568
15232	Fish, roughy, orange, cooked, dry heat	85.0		3.0 oz	0.740	3.150
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0		1.0 fillet	0.740	2.593
22908	Beef, corned beef hash, with potato, canned	236.0		1.0 cup	0.736	2.056
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.736	2.553
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0		1.0 cup	0.736	2.053
17367	Lamb, New Zealand, imported, kidney, raw	113.0		4.0 oz	0.736	2.401
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.735	2.689
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.735	2.549
20070	Triticale flour, whole-grain	130.0		1.0 cup	0.734	5.262
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0		3.0 oz	0.734	2.483
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.734	2.683
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0		3.0 oz	0.732	2.536
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.732	2.537
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0		3.0 oz	0.731	2.536
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.731	2.536
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.731	2.534
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	0.728	2.662
15070	Fish, rockfish, Pacific, mixed species, raw	85.0		3.0 oz	0.728	2.489
15008	Fish, carp, raw	85.0		3.0 oz	0.728	2.263

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.727	6.304
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.727	2.795
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.727	2.795
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.727	2.259
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.727	2.770
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.727	2.770
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.726	2.759
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.723	2.993
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.723	2.250
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.722	6.250
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.722	3.983
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.722	1.611
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.722	2.338
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.722	2.338
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.721	1.477
15045	Fish, lingcod, raw	85.0	3.0 oz	0.721	2.241
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.720	2.238
15013	Fish, cisco, raw	79.0	1.0 fillet	0.720	2.239
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.719	2.237
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.719	2.349
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.719	3.223
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.718	2.429
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.718	2.228
20005	Barley, pearled, raw	200.0	1.0 cup	0.718	5.176
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.717	2.542
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.717	2.561
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.716	2.225
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.715	2.030
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.715	2.224
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.715	2.711
35147	Tamales (Navajo)	186.0	1.0 piece	0.714	1.914
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.714	2.220
15112	Fish, tilefish, raw	85.0	3.0 oz	0.714	2.220
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.714	2.414
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.713	1.369
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.713	7.055

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
20131	Barley malt flour	162.0	1.0 cup	0.713	2.956
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.711	1.903
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.710	1.384
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.709	1.814
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.708	2.038
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.706	2.675
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.705	2.377
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.704	3.826
20062	Rye grain	169.0	1.0 cup	0.703	3.877
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.701	2.181
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.701	2.903
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.701	1.810
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.701	1.810
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.700	2.483
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.699	2.856
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.699	2.221
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.699	2.221
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.698	2.339
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.698	2.144
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.698	1.531
20028	Couscous, dry	173.0	1.0 cup	0.697	7.958
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.695	2.291
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.695	2.838
20012	Bulgur, dry	140.0	1.0 cup	0.693	5.429
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.693	2.403
15094	Fish, shad, american, raw	85.0	3.0 oz	0.691	2.148
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.689	2.252
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.685	2.505
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.685	1.877
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.685	3.537
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.684	1.710
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.683	1.710
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.683	2.125

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.683	2.126
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.683	5.194
16104	Bacon, meatless	144.0	1.0 cup	0.681	3.498
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.681	2.567
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.681	2.567
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.680	2.655
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.680	2.655
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.679	2.111
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.677	2.350
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.676	2.104
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.676	2.245
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.675	3.485
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.675	2.097
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.673	1.166
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.673	3.131
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.672	2.566
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.671	2.456
01040	Cheese, swiss	132.0	1.0 cup, diced	0.671	7.529
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.670	1.802
20066	Semolina, enriched	167.0	1.0 cup	0.670	7.634
20466	Semolina, unenriched	167.0	1.0 cup	0.670	7.634
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.669	0.604
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.669	2.080
16059	Chili with beans, canned	256.0	1.0 cup	0.668	2.245
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.668	2.078
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.667	2.315
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.667	2.364
20067	Sorghum grain	192.0	1.0 cup	0.664	4.683
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.662	2.581
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.662	2.581
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.660	2.178
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.659	2.048
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.658	2.789
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.658	2.332

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.658	2.698
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.658	2.698
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.655	2.561
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.655	2.561
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.655	2.037
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.654	1.839
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.653	1.448
15128	Fish, tuna salad	85.0	3.0 oz	0.652	2.042
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.651	1.573
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.651	1.515
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.648	3.132
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.646	2.520
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.646	2.520
21083	Fast foods, taco salad	198.0	1.5 cup	0.645	2.556
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.644	1.187
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.643	1.761
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.642	1.251
20014	Corn grain, yellow	166.0	1.0 cup	0.641	2.935
20314	Corn grain, white	166.0	1.0 cup	0.641	2.935
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.640	7.061
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.637	2.080
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.634	2.473
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.634	2.473
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.633	2.337
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.631	1.871
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.631	2.309
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.630	2.464
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.630	2.464
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.630	1.425
07052	Pastrami, turkey	57.0	2.0 slices	0.629	1.664
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.628	1.980
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.626	2.449
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.626	2.449
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.625	3.267
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.625	1.712
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.624	1.532

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.624	2.474
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.621	2.466
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.619	2.073
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.619	2.073
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.619	2.076
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.619	2.076
05630	Emu, outside drum, raw	85.0	3.0 oz	0.618	1.915
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.616	3.002
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.616	1.689
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.616	1.689
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.613	1.690
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.612	0.861
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.612	2.800
05626	Emu, full rump, raw	85.0	3.0 oz	0.611	1.894
05631	Emu, oyster, raw	85.0	3.0 oz	0.610	1.893
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.610	1.396
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.609	1.197
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.608	5.230
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.608	3.038
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.608	1.452
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.608	0.887
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.605	2.542
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.605	2.542
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.605	6.051
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.604	0.557
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.604	1.859
01020	Cheese, fontina	132.0	1.0 cup, diced	0.603	6.780
07911	Liverwurst spread	55.0	0.25 cup	0.603	1.207
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.602	1.867
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.601	2.570
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.601	2.570
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.600	2.342
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.600	2.342
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.600	2.342

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.599	1.478
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.599	2.105
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.599	2.105
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.598	2.334
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.598	2.334
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.598	1.475
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.598	7.279
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.598	3.215
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.598	3.215
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.598	1.946
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.597	1.473
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.595	2.324
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.595	2.324
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.595	1.846
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.595	1.467
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.595	1.829
05628	Emu, inside drum, raw	85.0	3.0 oz	0.594	1.844
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.594	0.618
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.593	2.291
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.593	2.291
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.593	1.462
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.592	2.100
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.592	2.536
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.592	2.536
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.591	1.457
15054	Fish, monkfish, raw	85.0	3.0 oz	0.591	1.838
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.590	2.307
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.590	2.307
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.590	2.945
16005	Beans, baked, home prepared	253.0	1.0 cup	0.587	2.128
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.587	2.512

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.587	2.512
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.586	1.823
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.586	2.378
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.586	2.326
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.586	2.326
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.584	4.296
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.584	3.047
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.581	4.377
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.581	1.806
01030	Cheese, muenster	132.0	1.0 cup, diced	0.581	7.333
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.580	1.485
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.579	1.183
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.578	2.951
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.578	2.951
01005	Cheese, brick	132.0	1.0 cup, diced	0.577	7.280
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.577	4.993
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.577	0.363
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.576	0.384
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.575	3.985
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.575	2.236
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.575	2.248
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.575	2.248
20031	Millet, raw	200.0	1.0 cup	0.574	4.792
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.574	2.457
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.573	2.632
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.573	2.632
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.573	1.412
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.572	1.411
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.572	1.410
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.572	8.230
01035	Cheese, provolone	132.0	1.0 cup, diced	0.572	8.230
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.571	0.990
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.570	7.185
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.570	1.772
15103	Fish, spot, raw	64.0	1.0 fillet	0.569	1.769

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.568	2.537
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.568	2.537
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.567	2.221
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.567	2.221
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.566	1.316
20090	Rice flour, brown	158.0	1.0 cup	0.562	2.327
20130	Barley flour or meal	148.0	1.0 cup	0.562	4.057
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.562	5.751
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.562	5.751
07939	Frankfurter, pork	76.0	1.0 link	0.562	1.456
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.562	2.197
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.561	3.613
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.561	1.382
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.560	6.425
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.559	1.736
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.558	2.209
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.558	2.209
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.557	1.070
01025	Cheese, monterey	132.0	1.0 cup, diced	0.557	7.907
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.556	2.168
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.554	1.366
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.553	1.503
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.553	2.272
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.553	1.364
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.550	1.284
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.550	1.799
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.550	4.728
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.549	1.355
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.549	1.707
01024	Cheese, limburger	134.0	1.0 cup	0.548	6.043
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.547	1.350
15074	Fish, sablefish, raw	85.0	3.0 oz	0.547	1.702

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.547	1.788
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.546	1.345
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.546	1.164
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.545	2.502
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.545	2.502
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.545	2.252
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.545	3.188
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.544	1.911
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.543	2.156
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.542	2.195
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.542	2.195
01011	Cheese, colby	132.0	1.0 cup, diced	0.541	7.673
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.540	1.472
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.539	3.595
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.538	3.625
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.537	1.344
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.537	1.774
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.535	1.879
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.533	0.491
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.533	1.574
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.533	1.314
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.531	1.736
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.530	1.448
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.529	2.170
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.528	5.148
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.528	1.275
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.526	1.296
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.525	6.671
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.525	4.207
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.523	1.339
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.522	3.889
20077	Wheat bran, crude	58.0	1.0 cup	0.521	1.667

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.520	2.292
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.520	2.062
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.519	2.029
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.518	1.018
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.518	1.018
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.518	3.336
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.517	1.310
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.516	1.271
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.513	1.266
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.513	1.264
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.513	1.778
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.512	1.635
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.511	1.259
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.511	1.260
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.511	1.259
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.510	1.666
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.510	6.429
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.509	1.256
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.509	1.992
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.508	7.234
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.508	7.234
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.508	1.252
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.508	1.253
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.508	1.425
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.507	5.944
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.507	0.988
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.506	1.249
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.506	1.247

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.506	2.262
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.505	4.998
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.505	4.998
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.505	1.499
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.505	1.264
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.504	1.304
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.504	0.736
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.503	1.241
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.502	2.934
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.502	1.237
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.502	2.667
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.501	1.680
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.501	1.236
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.501	1.758
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.501	1.235
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.500	1.232
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.499	2.018
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.499	2.018
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.499	1.604
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.498	1.748
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.497	6.902
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.496	1.207
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.494	4.203
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.494	2.078
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.494	2.078
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.494	2.709
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.494	1.382
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.494	1.994
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.493	5.065
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.493	0.777
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.493	2.874
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.493	1.280

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.491	1.211
07019	Chorizo, pork and beef	28.35	1.0 oz	0.490	1.011
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.490	2.978
13350	Beef, cured, dried	28.0	10.0 slices	0.490	1.208
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.488	1.204
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.487	1.903
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.487	1.903
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.485	2.105
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.484	2.168
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.483	1.192
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.483	1.881
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.483	1.765
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.483	2.246
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.482	1.840
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.482	1.857
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.481	2.855
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.480	3.205
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.480	5.181
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.479	1.543
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.479	1.543
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.479	1.068
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.478	1.904
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.477	0.369
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.476	1.174
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.476	1.173
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.475	2.006
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.474	2.450
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.472	2.032
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.472	4.415
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.470	2.153
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.470	1.040

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.469	5.555
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.468	1.147
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.468	1.465
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.465	2.088
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.465	2.578
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.465	4.165
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.464	1.491
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.464	1.491
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.464	4.349
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.464	4.349
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.464	4.349
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.464	4.349
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.464	3.906
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.463	4.138
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.462	2.860
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.462	1.168
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.460	1.629
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.460	1.629
07921	Bacon and beef sticks	28.0	1.0 oz	0.459	0.947
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.459	0.947
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.456	2.808
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.455	1.828
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.455	1.027
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.454	1.609
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.454	4.301
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.453	1.607
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.453	1.607
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.452	0.350
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.452	5.148
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.448	1.107
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.447	0.412
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.447	1.390
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.446	1.697
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.446	1.664
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.445	4.162
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.445	2.568

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.445	2.568
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.442	2.399
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.442	0.877
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.442	1.374
16087	Peanuts, all types, raw	28.35	1.0 oz	0.441	1.528
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.435	4.865
07926	Salami, Italian, pork	28.0	1.0 oz	0.435	1.072
20064	Rye flour, medium	102.0	1.0 cup	0.435	2.578
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.434	3.468
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.433	3.209
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.430	1.426
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.429	2.461
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.429	1.755
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.429	1.854
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.428	1.320
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.428	1.410
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.428	1.167
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.428	1.098
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.428	1.812
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.427	1.374
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.427	2.138
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.425	0.929
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.425	1.321
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.422	1.733
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.420	1.702
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.420	2.634
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.420	2.634
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.420	1.714
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.420	0.815
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.420	1.480
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.419	1.271
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.418	1.375
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.417	2.460
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.414	1.552
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.414	1.896
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.414	1.896

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.413	1.329
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.413	1.329
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.413	1.574
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.413	1.574
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.412	1.888
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.412	0.189
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.411	1.266
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.411	1.782
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.411	4.278
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.410	1.437
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.410	1.285
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.410	1.318
11413	Potato flour	160.0	1.0 cup	0.410	1.491
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.408	1.458
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.408	1.663
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.406	1.860
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.406	1.860
01115	Whey, sweet, dried	145.0	1.0 cup	0.406	3.260
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.406	4.756
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.405	0.373
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.405	1.235
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.405	1.403
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.404	1.297
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.404	1.046
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.403	2.202
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.403	1.197
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.401	4.182
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.401	4.182
20137	Quinoa, cooked	185.0	1.0 cup	0.400	1.073
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.399	0.509
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.399	3.837
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.399	0.984
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.396	3.696
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.395	0.974
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.394	1.225

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.393	1.222
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.393	1.580
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.393	1.219
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.392	0.966
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.391	1.162
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.391	6.295
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.390	0.962
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.390	0.960
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.389	1.083
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.389	0.959
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.388	1.334
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.388	1.467
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.388	1.467
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.387	3.234
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.385	0.950
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.385	0.950
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.385	3.611
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.385	1.364
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.385	1.728
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384	0.948
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384	0.947
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.384	3.034
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.384	0.945
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.384	2.292
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.383	0.944
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.383	0.944
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.382	0.725
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.382	0.942
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.382	0.941
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.382	0.942
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.382	0.941
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.381	1.083
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381	0.940
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.381	3.713
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381	0.939
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.381	0.939

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.379	0.934
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.379	0.934
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.379	2.107
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.378	1.249
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378	0.932
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.377	3.899
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.377	3.895
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.376	3.323
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.376	0.817
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.375	0.924
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.375	0.923
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.374	0.923
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.374	1.229
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.374	1.964
07050	Mortadella, beef, pork	28.35	1.0 oz	0.374	0.742
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.374	0.921
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.372	0.809
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.372	0.918
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.371	0.915
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.370	0.913
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.370	2.823
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.370	3.068
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.369	1.408
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.369	1.309
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.368	0.733
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.368	0.907
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.366	0.903
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.366	3.033
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.366	0.937
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.365	3.782
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.364	3.949
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.364	3.949
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.364	0.891
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.363	3.594
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.363	3.594

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.362	0.992
11656	Corn pudding, home prepared	250.0	1.0 cup	0.360	1.858
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.359	1.376
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.359	3.448
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.358	3.970
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.358	3.970
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.358	2.240
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.357	0.881
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.357	0.881
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.357	1.393
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.357	1.798
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.357	1.798
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.357	1.798
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.356	3.574
20034	Oat bran, cooked	219.0	1.0 cup	0.355	1.406
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.353	1.014
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.353	1.412
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.352	0.965
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.352	1.072
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.351	0.789
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.351	3.905
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.351	0.601
20143	Teff, cooked	252.0	1.0 cup	0.350	2.457
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.350	1.089
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.349	0.322
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.348	0.678
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.346	0.754
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.345	0.792
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.345	0.750
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.344	2.299
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.344	1.434
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.344	1.458
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.344	0.947

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.343	1.068
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.342	0.715
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.342	0.715
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.342	2.278
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.342	0.582
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.341	0.762
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.341	2.284
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.341	2.284
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.341	2.284
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.341	2.284
20065	Rye flour, light	102.0	1.0 cup	0.340	2.506
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.339	0.904
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.338	4.106
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.337	0.926
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.335	0.991
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.335	0.728
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.335	1.040
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.334	0.824
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.334	1.576
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.334	0.822
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.334	0.823
17164	Game meat, deer, raw	28.35	1.0 oz	0.333	0.946
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.333	0.857
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.332	3.238
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.332	1.013
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.332	1.521
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.332	1.521
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.331	1.930
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.331	3.080
20087	Wheat, sprouted	108.0	1.0 cup	0.330	2.021
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.330	2.623
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.330	0.749
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.329	1.072
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.329	0.813
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.329	1.072

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.328	1.353
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.327	3.397
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.327	0.874
07068	Salami, cooked, beef	26.0	1.0 slice	0.327	0.637
01057	Eggnog	254.0	1.0 cup	0.325	1.968
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.325	6.695
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.324	0.799
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.324	0.581
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.324	2.914
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.324	1.408
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.323	0.985
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.323	1.083
20647	Millet flour	119.0	1.0 cup	0.322	3.093
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.322	0.794
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.322	3.323
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.322	1.001
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.322	1.057
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.321	1.470
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.321	0.639
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.321	2.445
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.321	0.434
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.320	0.882
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.320	1.824
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.319	0.638
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.318	0.843
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.318	1.409
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.318	1.409
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.318	0.876
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.318	0.989
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.318	0.875
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.318	1.011
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.318	2.771
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.317	0.616
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.317	0.568

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.316	0.981
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.314	0.474
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.314	1.286
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.312	3.223
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.312	3.557
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.311	0.858
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.311	3.188
36031	DENNY'S, onion rings	166.0	1.0 serving	0.310	2.892
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.310	0.421
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.310	0.954
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.309	0.690
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.309	0.912
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.308	1.185
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.307	1.360
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.306	1.165
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.306	0.521
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.306	0.941
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.306	1.196
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.306	1.196
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.305	0.841
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.305	3.033
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.305	1.132
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.303	0.930
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.303	0.835
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.302	0.795
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.302	2.944
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.302	0.756
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.302	0.643
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.301	0.830
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.301	0.913
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.301	0.770
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.301	0.750
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.299	3.508
20089	Wild rice, cooked	164.0	1.0 cup	0.298	1.140
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.298	0.908
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.297	0.932

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.297	0.739
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.296	0.557
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.296	0.642
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.296	0.642
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.295	0.909
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.295	1.252
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.295	0.811
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.295	0.893
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.294	0.906
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.294	0.906
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.294	0.966
11658	Spinach souffle	136.0	1.0 cup	0.294	2.116
17170	Game meat, horse, raw	28.35	1.0 oz	0.293	0.883
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.292	1.103
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.292	1.103
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.292	0.899
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.292	0.867
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.292	2.364
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.291	0.884
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.291	1.173
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.291	1.173
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.291	0.415
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.291	0.896
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.291	0.864
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.290	0.850
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.290	0.574
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.289	0.859
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.288	0.887
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.288	0.857
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.288	0.904
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.288	1.087
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.288	0.789
11432	Radishes, oriental, dried	116.0	1.0 cup	0.288	1.731
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.287	0.871

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.287	0.854
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.287	0.750
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.287	0.786
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.286	1.049
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.286	0.661
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.286	0.942
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.286	0.850
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.286	2.108
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.285	0.784
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.285	0.781
17144	Game meat, antelope, raw	28.35	1.0 oz	0.285	0.954
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.285	0.846
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.285	0.845
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.284	0.844
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.284	1.298
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.283	0.842
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.283	0.841
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.283	0.842
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.283	0.840
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.282	0.723
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.282	0.867
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.282	0.868
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.281	0.747
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.281	0.835
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.281	0.773
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.281	0.865
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.281	0.864
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.280	0.833

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.280	0.832
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.279	1.059
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.279	0.623
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.279	0.756
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.279	0.828
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.279	0.859
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.278	0.947
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.278	0.604
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.278	0.855
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.277	2.795
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.277	2.795
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.277	0.822
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.277	0.822
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.277	0.497
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.276	1.170
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.276	0.600
17166	Game meat, elk, raw	28.35	1.0 oz	0.276	1.035
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.276	0.909
17172	Game meat, moose, raw	28.35	1.0 oz	0.276	1.021
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.275	0.668
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.275	0.668
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.275	0.954
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.275	0.764
16055	Carob flour	103.0	1.0 cup	0.275	0.373
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.275	0.818
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.275	0.846
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.274	0.851
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.273	0.752
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.272	0.631
11215	Garlic, raw	136.0	1.0 cup	0.272	1.095
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.271	0.373
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.271	1.246

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.271	0.746
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.271	0.804
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.270	1.321
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.270	0.741
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.270	2.995
17162	Game meat, caribou, raw	28.35	1.0 oz	0.269	1.007
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.269	0.649
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.268	0.740
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.268	1.012
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.268	0.796
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.267	0.795
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.267	0.992
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.267	0.794
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.267	0.899
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.267	0.738
11304	Peas, green, raw	145.0	1.0 cup	0.267	1.074
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.266	0.785
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.266	0.602
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.266	1.069
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.266	0.703
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.266	0.827
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.266	1.277
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.266	0.826
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.265	0.727
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.265	0.731
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.265	1.000
07040	Liver cheese, pork	28.35	1.0 oz	0.265	0.520
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.265	0.788
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.265	0.942
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.265	0.892
07058	Pickle and pimienta loaf, pork	38.0	1.0 slice	0.264	0.659
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.264	1.142

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.264	0.786
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.264	2.469
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.264	0.415
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.263	0.819
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.263	1.221
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.263	0.868
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.263	0.781
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.263	0.903
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.263	0.723
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.263	0.585
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.262	0.778
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.262	0.778
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.261	0.814
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.261	2.599
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.261	2.812
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.261	0.775
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.260	0.808
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.260	0.823
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.260	0.878
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.260	0.772
19147	Candies, peanut bar	28.35	1.0 oz	0.260	0.901
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.259	0.484
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.259	0.805
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.259	1.258
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.259	0.714
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.259	0.713
17150	Game meat, beaver, raw	28.35	1.0 oz	0.259	0.974
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.258	1.181
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.258	0.666
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.257	0.764
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.257	0.765

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.257	1.063
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.256	0.672
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.256	0.760
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.256	0.704
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.255	0.704
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.254	2.349
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.254	2.349
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.254	2.349
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.254	2.349
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.254	0.784
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.254	0.691
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.254	2.056
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.254	2.427
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.254	0.855
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.254	0.957
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.253	0.788
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.253	0.582
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.253	0.754
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.253	0.696
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.252	0.750
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.252	2.018
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.252	0.643
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.252	0.643
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.251	0.782
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.251	0.692
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.251	0.462
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.251	0.660
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.251	2.941
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.251	0.932
07030	Ham, minced	28.35	1.0 oz	0.250	0.663
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.250	1.183
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.250	1.183
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.250	0.688

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.250	0.742
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.250	1.220
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.249	2.166
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.249	0.774
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.249	0.774
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.249	0.497
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.249	0.738
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.248	0.816
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.248	0.683
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.248	0.737
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.248	0.703
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.247	0.649
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.247	0.734
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.246	0.585
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.246	0.969
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.246	0.644
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.245	2.281
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.244	0.760
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.244	0.562
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.244	1.470
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.244	0.672
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.243	2.537
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.243	2.537
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.243	0.722
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.243	2.109
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.243	0.528
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.243	0.761
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.242	2.694
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.242	1.228
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.242	0.815
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.242	0.634
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.241	2.502

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.241	2.502
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.240	0.747
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.239	0.710
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.239	2.683
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.238	0.708
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.238	0.958
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.238	0.707
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.238	0.707
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.238	0.707
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.238	0.706
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.238	1.794
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.237	0.715
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.237	0.954
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.237	0.780
07025	Frankfurter, turkey	28.35	1.0 oz	0.237	0.680
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.236	0.702
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.236	2.764
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.236	0.702
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.236	0.971
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.236	1.076
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.236	2.109
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.236	0.700
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.236	0.946
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.236	0.946
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.235	1.222
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.235	1.907
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.235	0.649
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.235	0.586
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.234	0.697
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.234	0.695
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.233	1.010

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.233	0.784
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.232	0.691
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.232	0.689
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.232	0.592
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.232	0.592
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.231	0.567
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.231	0.686
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.230	0.684
07971	Bologna, meat and poultry	33.0	1.0 slice	0.230	0.500
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.230	0.682
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.229	2.272
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.229	2.272
17224	Lamb, ground, raw	28.35	1.0 oz	0.229	0.681
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.228	0.572
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.228	0.287
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.228	0.678
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.227	0.749
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.227	0.495
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.227	0.624
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.226	2.565
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.226	0.672
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.226	2.395
20013	Bulgur, cooked	182.0	1.0 cup	0.226	1.771
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.225	0.596
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.225	0.838
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.225	0.873
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.225	0.988
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.225	1.329
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.224	0.897
07026	Ham, chopped, canned	28.35	1.0 oz	0.223	0.672
09205	Oranges, raw, with peel	170.0	1.0 cup	--	0.223
15014	Fish, cisco, smoked	28.35	1.0 oz	0.223	0.693

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.223	0.613
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.222	0.920
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.222	2.540
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.221	0.943
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.221	0.861
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.221	1.624
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.220	0.780
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.220	2.310
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.220	0.653
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.220	0.855
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.219	1.014
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.219	0.708
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.218	1.346
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.218	2.155
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.218	0.595
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.217	1.044
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.217	0.564
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.216	0.523
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.216	0.836
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.216	1.748
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.215	0.605
11414	Potato salad, home-prepared	250.0	1.0 cup	0.215	0.968
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.215	0.834
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.215	0.836
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.214	1.100
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.214	0.490
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.214	0.490
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.213	0.391
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.213	2.108
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.213	1.068
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.213	1.068
07070	Salami, cooked, turkey	28.0	1.0 serving	0.213	0.699
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.212	0.630
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.212	1.669
09139	Guavas, common, raw	165.0	1.0 cup	0.211	0.549
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.211	0.536

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.211	0.289
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.211	0.313
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.211	0.313
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.210	1.726
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.210	1.670
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.209	0.735
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.209	1.794
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.209	0.553
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.208	0.570
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.208	0.489
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.208	0.104
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.208	0.436
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.208	1.270
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.207	2.039
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.207	2.034
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.207	1.028
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.206	1.802
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.206	1.812
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.206	1.057
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.206	2.345
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.206	1.642
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.206	1.642
16107	Sausage, meatless	25.0	1.0 link	0.205	1.054
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.205	0.464
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.205	2.332
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.204	2.267
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.204	0.841
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.204	2.025
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.203	2.515
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.203	0.426
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.203	1.015
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.203	1.015

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.203	1.015
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.203	1.015
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.202	1.640
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.202	1.640
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.202	0.649
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.202	1.405
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.202	0.301
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.202	0.877
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.201	0.785
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.201	0.597
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.201	0.863
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.201	0.856
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.201	0.863
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.200	1.750
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.200	1.103
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.200	0.635
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.199	0.998
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.199	0.998
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.199	0.998
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.199	0.998
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.199	1.617
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.199	1.617
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.199	1.617
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.198	2.256
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.198	0.862
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.198	0.645
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.198	0.690
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.197	0.395
07960	Bologna, chicken, pork	28.0	1.0 serving	0.197	0.433
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.197	0.459
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.197	1.648
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.196	0.983
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.196	0.801
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.196	0.770
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.195	0.410
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.195	1.164

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.195	0.986
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.195	0.986
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.195	0.986
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.194	0.593
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.194	1.852
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.194	0.422
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.194	0.422
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.194	0.943
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.193	0.767
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.193	0.767
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.193	2.148
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.193	0.776
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.193	0.828
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.193	0.828
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.193	0.828
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.193	0.828
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.192	0.684
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.191	1.820
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.191	1.175
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.191	0.688
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.190	0.537
16129	Tofu, fried	28.35	1.0 oz	0.190	0.842
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.190	2.295
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.190	0.399
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	--	0.189
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.189	2.454
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.188	1.740
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.188	1.740
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.188	2.146
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.188	0.536
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.188	0.964
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.188	2.809
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.188	2.072
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.187	0.581
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.186	0.935

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.186	1.833
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.186	1.833
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.186	1.419
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.186	1.419
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.186	1.798
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.185	1.588
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.185	1.011
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.184	1.934
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.184	0.922
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.184	0.453
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.184	0.783
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.184	0.783
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.183	0.559
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.183	1.078
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.183	0.596
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.182	0.883
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.182	1.980
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.182	1.701
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.182	1.582
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.181	0.603
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.181	1.786
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.181	1.786
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.180	0.443
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.180	0.694
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.180	0.452
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.180	0.589
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.180	0.684
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.180	0.684
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.180	0.492
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.179	0.739
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.178	1.448
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.178	1.455

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.178	1.455
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.178	1.764
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.178	0.420
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.178	0.420
07061	Mother's loaf, pork	28.35	1.0 oz	0.178	0.650
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.178	0.542
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.178	0.601
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.178	1.130
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.177	0.248
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.177	0.764
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.176	0.806
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.176	2.327
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.176	0.688
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.176	1.177
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.175	0.964
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.175	0.826
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.175	0.569
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.174	0.878
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.174	0.878
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.174	0.878
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.174	0.878
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.174	0.588
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.173	1.070
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.173	0.869
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.173	0.869
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.173	0.759
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.173	1.337
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.172	1.710
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.172	0.560
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.172	0.673
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.171	1.071
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.171	1.646
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.171	1.701
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.171	1.398
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.171	1.701

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.171	0.743
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.170	1.684
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.170	1.118
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.169	0.738
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.169	0.735
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	--	0.169
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.168	1.676
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.168	0.413
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.168	1.800
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.167	0.558
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.167	0.847
15109	Fish, surimi	28.35	1.0 oz	0.167	0.680
36610	DENNY'S, french fries	165.0	1.0 serving	0.167	0.833
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.167	0.899
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.166	0.667
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.166	0.664
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.165	0.375
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.165	0.704
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.165	1.076
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.164	1.855
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.164	1.855
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.164	0.708
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.164	1.021
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.164	0.594
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.163	1.845
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.163	1.845
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.163	1.324
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.163	1.324
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.163	0.452
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.162	1.605
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.162	0.673
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.162	0.209
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.162	0.396
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.162	1.823
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.162	0.796

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
07007	Bologna, beef	30.0	1.0 slice	0.161	0.535
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.161	1.584
09094	Figs, dried, uncooked	149.0	1.0 cup	0.161	0.440
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.160	0.627
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.160	0.542
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.160	0.812
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.160	0.684
20032	Millet, cooked	174.0	1.0 cup	0.160	1.328
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.160	1.825
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.160	0.540
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.159	1.389
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.159	1.810
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.158	0.933
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.158	0.577
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.158	1.224
11961	Hearts of palm, canned	146.0	1.0 cup	0.158	0.432
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.158	1.284
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.158	1.284
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.158	1.780
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.157	1.021
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.157	0.698
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.157	0.876
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.157	0.567
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.157	1.606
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.157	1.766
01038	Cheese, romano	28.35	1.0 oz	0.157	2.070
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.157	0.632
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.157	0.632
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.156	0.430
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.155	0.297
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.155	0.659
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.155	0.518
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	--	0.154
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.154	1.499
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.154	0.552

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.154	0.334
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.154	0.334
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.154	1.428
16130	Okara	122.0	1.0 cup	0.154	0.678
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.154	1.242
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.153	1.364
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.153	0.575
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.153	0.668
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.153	1.216
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.153	0.678
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.152	1.495
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.152	0.506
20133	Rice noodles, dry	57.0	2.0 oz	0.152	0.626
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.152	0.777
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.152	0.777
11616	Dock, raw	133.0	1.0 cup, chopped	0.152	0.287
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.151	1.728
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.151	1.728
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.151	0.690
01023	Cheese, gruyere	28.35	1.0 oz	0.151	1.696
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.150	1.322
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.150	1.612
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.149	0.486
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.149	0.330
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.149	0.330
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.148	0.806
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.148	0.528
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.148	0.588
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.148	1.682
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.147	0.828
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.147	0.828
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.147	0.665
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.147	1.455
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.147	0.498
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.147	0.319
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.147	0.338

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.147	0.338
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.146	0.542
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.146	0.237
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.146	0.854
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.146	3.632
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.145	0.767
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.145	0.517
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.144	0.785
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.144	0.896
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.144	0.896
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.143	0.683
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.143	1.365
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.143	1.154
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.142	0.822
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.142	0.312
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.142	0.350
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.141	0.340
01041	Cheese, tilsit	28.35	1.0 oz	0.141	1.556
20134	Rice noodles, cooked	176.0	1.0 cup	0.141	0.579
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.141	1.348
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.140	0.723
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.140	0.723
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.140	0.641
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.140	0.641
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.140	0.564
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.140	0.564
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.140	1.798
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.140	0.341
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.139	0.350
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.139	1.306
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.139	0.369
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.139	1.366
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.139	1.257
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.139	0.786
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.139	0.990
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.138	1.169

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.138	1.149
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.138	0.210
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.138	1.621
01018	Cheese, edam	28.35	1.0 oz	0.138	1.744
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.138	0.753
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.138	0.205
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.138	2.052
01022	Cheese, gouda	28.35	1.0 oz	0.137	1.740
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.137	0.624
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.137	0.624
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.137	0.959
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.137	0.296
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.137	0.296
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.137	0.297
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.137	0.422
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.137	1.050
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.137	1.307
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.137	0.778
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.136	1.228
01124	Egg, white, raw, fresh	33.0	1.0 large	0.136	0.512
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.136	0.743
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.136	1.719
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.136	0.782
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.136	0.545
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.136	0.294
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.135	0.449
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.135	0.449
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.135	0.644
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.135	0.551
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.134	0.837
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.134	0.837
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.134	0.659
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.134	0.541
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.133	1.286
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.133	0.569
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.133	0.537

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.133	0.537
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.132	1.016
09298	Raisins, seedless	165.0	1.0 cup, packed	0.132	0.271
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.132	0.294
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.132	1.609
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.131	0.374
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	--	0.131
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.130	1.232
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.130	0.912
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.130	0.611
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.130	0.611
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.129	0.968
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.129	0.726
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.129	0.522
20006	Barley, pearled, cooked	157.0	1.0 cup	0.129	0.928
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.129	0.416
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.128	1.310
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.128	0.350
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.128	0.848
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.128	0.257
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.128	0.513
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.127	0.613
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.127	0.475
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.127	0.596
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.127	0.410
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.127	0.329
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.126	1.194
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.126	0.609
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.126	0.113
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.126	1.046
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.126	0.563
21419	KFC, biscuit	49.0	1.0 biscuit	0.125	1.241
11011	Asparagus, raw	134.0	1.0 cup	0.125	0.312
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.125	0.935
01008	Cheese, caraway	28.35	1.0 oz	0.124	1.746

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.124	0.876
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.124	0.876
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.123	0.838
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.123	0.838
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.123	0.985
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.123	0.867
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.122	0.591
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.122	0.342
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.122	0.342
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.122	0.244
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.122	0.244
09095	Figs, dried, stewed	259.0	1.0 cup	0.122	0.329
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.122	0.314
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.121	0.276
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.121	1.595
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.121	0.462
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.120	0.630
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.120	0.283
01113	Whey, acid, dried	57.0	1.0 cup	0.120	1.195
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.120	1.238
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.120	0.462
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.120	0.462
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.120	0.281
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.120	0.281
18235	Crackers, whole-wheat	28.0	1.0 serving	0.120	0.858
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.119	0.313
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.119	1.237
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.119	0.481
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.119	0.625
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.119	0.401
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.118	0.648
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.118	0.581
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.118	0.279
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.118	0.279
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.118	1.034
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.118	0.419

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.118	0.479
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.118	1.067
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.118	0.324
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.118	1.102
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.118	0.377
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.118	0.739
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.117	1.433
21268	TACO BELL, Nachos	80.0	1.0 serving	0.117	0.733
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.117	0.733
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.117	0.440
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.117	0.259
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.117	0.583
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.117	0.583
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.117	0.583
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.117	0.583
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.117	0.476
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.116	0.904
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.116	0.548
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.116	0.534
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.116	1.670
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.116	0.989
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.116	0.737
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.116	0.758
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.115	0.629
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.115	0.676
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.115	0.761
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.115	0.221
01004	Cheese, blue	28.35	1.0 oz	0.115	1.468
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.115	0.432
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.115	0.583
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.114	0.455
01010	Cheese, cheshire	28.35	1.0 oz	0.114	1.621
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.114	1.035

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.114	0.738
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.114	0.247
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.113	0.823
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	--	0.113
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.113	1.513
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.113	1.149
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.113	0.531
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.113	0.531
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.113	0.383
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.113	0.383
01006	Cheese, brie	28.35	1.0 oz	0.113	1.244
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.112	0.264
18037	Bread, oat bran	28.35	1.0 oz	0.112	0.896
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.112	0.791
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.112	1.009
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.111	0.789
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.111	0.404
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.111	0.819
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.111	0.819
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.111	0.246
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.110	0.906
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.110	0.597
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.110	0.973
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.110	0.732
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.110	0.258
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.109	0.877
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.109	0.414
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.109	0.461
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.109	0.731
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.109	0.691
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.109	0.217
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.108	0.428
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.108	0.983
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.108	0.775

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.108	0.331
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.108	0.514
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.108	0.900
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.108	0.606
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.108	0.514
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.108	1.112
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.108	0.424
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.108	0.456
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.107	0.742
01007	Cheese, camembert	28.35	1.0 oz	0.107	1.187
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.107	0.367
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.107	0.401
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.107	0.315
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.107	0.863
12059	Nuts, acorns, dried	28.35	1.0 oz	0.107	0.368
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.106	0.237
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.106	0.622
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.106	0.833
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.106	0.993
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.106	0.993
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.106	0.993
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.106	0.442
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.105	0.497
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.105	0.744
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.105	0.855
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.105	0.903
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.105	0.877
18028	Bread, egg, toasted	28.35	1.0 oz	0.105	0.890
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.105	0.848
18003	Bagels, egg	28.35	1.0 oz	0.105	1.006
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.105	0.572
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.105	0.415
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.104	0.886
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.104	0.757
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.104	0.466
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.104	0.645

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.103	0.816
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.103	0.454
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.103	0.247
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.103	0.915
18266	English muffins, whole-wheat	28.35	1.0 oz	0.103	0.726
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.102	1.290
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.102	0.196
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.102	0.632
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.102	0.823
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.102	1.155
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.102	1.155
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.102	0.397
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.101	0.805
01109	Milk, sheep, fluid	245.0	1.0 cup	0.100	2.497
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.100	0.432
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.100	0.376
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.100	0.374
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.100	0.233
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.099	0.683
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.099	0.934
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.099	0.225
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.099	0.225
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.099	0.940
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.099	0.558
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.099	0.390
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.099	0.685
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.099	0.687
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.099	1.011
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.099	1.011
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.099	0.341
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.099	0.826
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.098	0.627
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.098	0.544
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.098	0.544
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.098	0.214

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.098	0.426
18059	Bread, rice bran	28.35	1.0 oz	0.098	0.766
01156	Cheese, goat, hard type	28.35	1.0 oz	0.098	1.613
18039	Bread, oatmeal	28.35	1.0 oz	0.097	0.684
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.097	0.243
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.097	0.321
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.097	0.754
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.097	0.419
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.097	0.384
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.097	0.384
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.097	0.441
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.097	0.372
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.096	0.440
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.096	0.398
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.096	0.928
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.096	0.274
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.096	0.274
18283	Muffins, oat bran	28.35	1.0 oz	0.096	0.405
18344	Rolls, dinner, egg	28.35	1.0 oz	0.096	0.785
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.096	0.600
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.096	0.285
18044	Bread, pumpernickel	28.35	1.0 oz	0.096	0.771
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.095	0.367
18027	Bread, egg	28.35	1.0 oz	0.095	0.810
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.095	0.959
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.095	0.426
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.095	0.340
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.095	0.336
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.095	0.216
18066	Bread, wheat bran	28.35	1.0 oz	0.095	0.780
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.095	0.355
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.095	0.355
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.095	0.884
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.095	0.380
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.094	0.450

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.094	0.210
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.094	0.508
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.094	0.742
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.094	0.142
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.094	0.791
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.094	0.233
18061	Bread, rye, toasted	28.35	1.0 oz	0.094	0.811
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.094	0.387
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.094	0.266
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.094	0.366
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.094	0.387
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.093	0.315
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.093	0.234
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.093	0.590
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.093	0.464
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.093	0.861
18264	English muffins, wheat	28.35	1.0 oz	0.093	0.741
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.093	0.861
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.093	0.861
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.092	0.517
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.092	0.446
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.092	0.860
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.092	0.226
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.092	0.286
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.092	0.265
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.092	0.265
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.092	0.273
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.092	0.415
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.092	0.843
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.092	1.078
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.092	1.157
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.092	0.828
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.092	0.828
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.091	0.685

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.091	0.857
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.091	0.745
18025	Bread, cracked-wheat	28.35	1.0 oz	0.091	0.785
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.091	0.244
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.091	0.851
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.091	0.378
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.091	0.374
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.091	0.229
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.091	0.229
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.091	0.473
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.091	0.811
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.091	0.852
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.090	0.213
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.090	0.227
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.090	0.306
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.090	0.860
01069	Cream substitute, powdered	94.0	1.0 cup	0.090	1.023
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.090	0.623
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.090	0.252
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.090	0.521
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.090	0.521
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.090	0.848
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.090	0.808
18236	Cracker meal	28.35	1.0 oz	0.090	0.919
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.089	0.842
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.089	0.410
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.089	0.221
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.089	0.408
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.089	0.834
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.089	0.836
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.089	0.250
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.088	0.369
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.088	0.365
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.088	1.191
07033	Ham and cheese spread	15.0	1.0 tbsp	0.088	0.433
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.088	0.354

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.088	0.270
18349	Rolls, french	28.35	1.0 oz	0.088	0.786
18033	Bread, italian	28.35	1.0 oz	0.087	0.848
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.087	0.297
11297	Parsley, fresh	60.0	1.0 cup chopped	0.087	0.149
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.087	0.297
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.087	0.258
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.087	0.862
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.086	0.511
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.086	0.662
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.086	0.471
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.086	0.192
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.086	0.192
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.086	0.634
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.086	0.558
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.086	0.406
20030	Hominy, canned, white	165.0	1.0 cup	0.086	0.493
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.086	0.323
18060	Bread, rye	28.35	1.0 oz	0.086	0.738
09040	Bananas, raw	225.0	1.0 cup, mashed	0.085	0.342
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.085	0.971
18241	Croissants, cheese	28.35	1.0 oz	0.085	0.733
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.085	0.851
09110	Goji berries, dried	28.0	5.0 tbsp	0.085	0.401
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.085	0.431
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.085	0.242
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.085	0.242
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.085	0.242
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.085	0.242
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.085	0.368
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.085	0.247
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.085	0.407
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.084	0.384
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.084	0.402
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.084	0.402
18240	Croissants, apple	28.35	1.0 oz	0.084	0.558

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.084	0.206
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.084	0.415
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.083	0.629
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.083	0.753
20330	Hominy, canned, yellow	160.0	1.0 cup	0.083	0.478
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.083	0.318
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.083	0.352
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.083	0.725
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.083	0.352
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.083	0.335
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.083	0.512
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.083	0.512
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.083	0.274
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.082	0.281
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.082	0.351
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082	0.687
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.082	0.519
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.082	0.198
18239	Croissants, butter	28.35	1.0 oz	0.082	0.652
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.082	0.396
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.081	0.702
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.081	0.220
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.081	0.427
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.081	0.427
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.081	0.567
11090	Broccoli, raw	91.0	1.0 cup chopped	0.081	0.493
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.081	0.801
12058	Nuts, acorns, raw	28.35	1.0 oz	0.081	0.280
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.081	0.755
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.080	0.466
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.080	0.634
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.080	0.338
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.080	0.228
11601	Yam, raw	150.0	1.0 cup, cubes	0.080	0.271
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.079	0.404
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.079	0.742

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.079	0.686
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.079	0.686
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.079	0.686
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.079	0.786
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.079	0.686
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.079	0.723
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.079	0.252
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.079	0.807
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.079	0.428
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.079	0.428
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.079	0.338
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.079	0.899
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.079	0.225
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.079	0.225
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.079	0.435
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.078	0.540
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.078	0.434
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.078	0.692
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.078	0.774
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.078	0.772
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.078	0.763
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.078	0.546
18106	Coffeecake, fruit	28.35	1.0 oz	0.078	0.407
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.078	0.798
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.077	0.668
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.077	0.397
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.077	0.197
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.077	0.197
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.077	0.259
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.077	1.848
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.077	0.459
11518	Taro, raw	104.0	1.0 cup, sliced	0.077	0.181
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.077	0.459
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.077	0.786
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.077	0.584
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.076	0.636

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.076	0.636
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.076	0.668
18047	Bread, raisin, enriched	28.35	1.0 oz	0.076	0.668
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.076	0.697
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.076	0.059
16112	Miso	17.0	1.0 tbsp	0.076	0.326
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.076	0.410
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.076	0.380
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.076	0.407
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.076	0.619
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.076	0.508
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.076	0.275
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.076	0.390
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.076	0.677
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.076	0.427
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.076	0.666
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.076	0.739
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.076	0.748
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.075	0.344
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.075	0.583
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.075	0.215
18065	Bread, wheat, toasted	28.35	1.0 oz	0.074	0.584
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.074	0.377
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.074	0.537
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.074	0.197
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.073	0.348
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.073	0.183
07031	Ham salad spread	15.0	1.0 tbsp	0.073	0.202
18338	Phyllo dough	28.35	1.0 oz	0.073	0.680
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.072	0.739
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.072	0.260
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.072	0.206
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.072	0.524
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.072	0.368
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.072	0.439
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.072	0.524

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.072	0.207
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.072	0.207
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.072	0.207
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.072	0.207
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.072	0.229
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.071	0.344
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.071	0.730
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.071	0.487
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.071	0.470
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.071	0.344
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.071	0.495
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.071	1.580
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.071	0.495
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.071	0.503
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.071	0.686
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.071	0.405
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.071	0.360
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.071	0.360
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.071	0.185
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.071	0.239
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.071	0.239
18224	Crackers, rusk toast	14.2	0.5 oz	0.071	0.453
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.071	0.439
21249	BURGER KING, french fries	74.0	1.0 small serving	0.070	0.373
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.070	0.564
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.070	0.174
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.070	2.030
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.069	0.534
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.069	0.534
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.069	0.210
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.069	1.140
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.069	0.445
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.069	0.207
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.069	0.597
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.069	0.246
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.069	0.585

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.069	0.598
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.068	0.526
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.068	0.373
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.068	0.342
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.068	0.511
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.068	0.586
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.068	0.274
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.068	0.202
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.068	0.220
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.068	0.587
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.068	0.506
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.068	0.321
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.068	0.265
18245	Danish pastry, cheese	28.35	1.0 oz	0.068	0.573
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.068	0.462
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.068	0.310
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068	0.318
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068	0.322
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068	0.322
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068	0.318
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.068	1.645
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.067	0.308
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.067	0.308
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.067	0.341
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.067	0.266
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.067	0.621
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.067	0.638
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.067	0.197
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.067	0.538
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.067	0.538
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.067	0.684
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.067	0.497
09277	Plantains, raw	148.0	1.0 cup, sliced	0.067	0.172
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.067	0.854
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.066	0.502

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.066	0.166
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.066	0.287
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.066	0.171
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.066	0.195
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.066	0.647
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.066	0.616
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.066	0.237
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.066	0.345
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.066	0.345
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.066	0.167
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.065	0.390
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.065	0.617
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.065	0.641
18971	Bread, potato	32.0	1.0 slice	0.065	0.433
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.065	0.514
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.065	0.187
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.065	0.187
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.065	0.356
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.065	0.442
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.065	0.633
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.065	0.622
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.064	0.210
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.064	0.210
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.064	0.240
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.064	0.572
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.064	0.531
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.064	0.277
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.064	0.606
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.064	0.633
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.064	0.362
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.064	1.436
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.064	0.649
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.064	0.187
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.064	0.376
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.063	0.364
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.063	0.529

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.063	0.364
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.063	0.343
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.063	0.185
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.063	0.539
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.063	0.562
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.063	0.181
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.063	0.181
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.063	1.393
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.063	0.271
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.063	0.290
18355	Sweet rolls, cheese	28.35	1.0 oz	0.063	0.489
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.062	0.165
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.062	0.943
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.062	0.943
18218	Crackers, matzo, egg	14.2	0.5 oz	0.062	0.521
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.062	0.491
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.062	0.268
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.062	0.268
09021	Apricots, raw	155.0	1.0 cup, halves	0.062	0.243
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.062	0.389
01031	Cheese, neufchatel	28.35	1.0 oz	0.062	0.571
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.062	0.393
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.061	0.295
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.061	0.201
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.061	0.449
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.061	0.289
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.061	0.289
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.061	0.504
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.061	0.175
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.061	0.175
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.061	0.175
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.061	0.175
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.061	0.176
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.061	0.174
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.061	0.174

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.061	0.239
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.061	0.239
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.061	0.306
11965	Cauliflower, green, raw	64.0	1.0 cup	0.061	0.252
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.061	0.251
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.060	0.396
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.060	0.654
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.060	0.510
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.060	0.340
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.060	0.491
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.060	0.184
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.060	0.580
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.060	0.580
11124	Carrots, raw	128.0	1.0 cup chopped	0.060	0.468
18103	Coffeecake, cheese	28.35	1.0 oz	0.060	0.496
11231	Jute, potherb, raw	28.0	1.0 cup	0.060	0.138
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.060	0.561
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.060	0.365
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.059	0.501
18242	Croutons, plain	14.2	0.5 oz	0.059	0.571
01159	Cheese, goat, soft type	28.35	1.0 oz	0.059	0.979
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.059	0.469
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.059	0.248
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.059	0.332
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.059	0.462
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.059	0.332
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.059	0.332
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.059	0.887
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.059	1.403
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.058	0.168
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.058	0.312
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.058	0.461
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.058	0.392
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.058	0.472
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.058	0.593
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.058	0.580

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.058	0.580
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.058	0.328
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.058	0.503
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.058	0.292
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.058	0.287
11134	Cassava, raw	206.0	1.0 cup	0.058	0.424
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.058	0.566
18021	Bread, boston brown, canned	28.35	1.0 oz	0.058	0.436
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.057	0.231
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.057	0.352
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.057	0.277
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.057	0.149
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.057	0.149
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.057	0.160
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.057	0.050
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.057	0.050
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.057	0.538
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.057	0.554
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.057	0.309
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.057	0.246
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.056	0.445
09176	Mangos, raw	165.0	1.0 cup pieces	0.056	0.158
21140	Side dishes, potato salad	95.0	0.333 cup	0.056	0.199
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.056	0.211
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.056	0.137
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.056	0.162
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.055	0.141
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.055	0.249
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.055	0.545
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.055	0.426
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.055	0.524
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.055	0.238
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.055	0.240
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.055	0.459
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.055	0.266
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.055	0.459

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.054	0.211
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.054	0.383
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.054	0.274
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.054	0.141
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.054	0.141
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.054	0.165
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.054	0.435
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.054	0.140
11527	Tomatoes, green, raw	180.0	1.0 cup	0.054	0.796
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.054	0.395
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.054	0.421
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.054	0.497
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.054	1.293
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.054	0.415
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.054	0.314
01021	Cheese, gjetost	28.35	1.0 oz	0.054	0.563
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.054	0.433
18172	Cookies, gingersnaps	28.35	1.0 oz	0.054	0.517
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.054	0.199
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.053	0.365
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.053	0.175
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.053	0.407
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.053	0.409
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.053	0.517
18177	Cookies, molasses	28.35	1.0 oz	0.053	0.517
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.053	0.498
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.053	0.252
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.053	0.252
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.053	0.161
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.053	0.259
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.053	0.141
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.052	0.269
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.052	0.269
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.052	0.780
09088	Elderberries, raw	145.0	1.0 cup	0.052	0.139
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.052	0.152

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.052	0.389
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.052	0.778
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.052	0.416
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.052	0.245
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052	0.158
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.052	0.386
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.052	0.780
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.052	0.375
18243	Croutons, seasoned	14.2	0.5 oz	0.051	0.480
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.051	0.471
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.051	0.142
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.051	0.428
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.051	0.428
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.051	0.504
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.051	0.664
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.051	0.194
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.051	0.358
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.051	0.358
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.051	0.466
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.051	0.438
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.051	0.398
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.051	1.130
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.051	0.428
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.051	1.151
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.050	0.454
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.050	0.347
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.050	0.425
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.050	0.454
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.050	0.303
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.050	0.454
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.050	0.454
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.050	0.453
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.050	0.312
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.050	0.167

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.050	0.840
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.050	0.420
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.050	0.144
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.050	0.276
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.050	0.142
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.050	0.270
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.050	0.457
19081	Candies, sweet chocolate	28.35	1.0 oz	0.050	0.166
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.050	0.150
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.050	0.150
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.050	0.112
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.049	0.462
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.049	0.504
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.049	0.220
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.049	0.417
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.049	0.241
18217	Crackers, matzo, plain	14.2	0.5 oz	0.049	0.498
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.048	0.376
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.048	0.349
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.048	0.270
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.048	0.191
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.048	0.275
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.048	0.275
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.048	0.148
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.048	0.139
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.048	0.438
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.048	0.425
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.048	0.143
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.048	0.313
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.048	0.157
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.048	0.454
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.048	0.166
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.048	0.371
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.048	0.253
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.048	0.398
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.047	0.378

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.047	0.169
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.047	0.144
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.047	0.397
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.047	0.488
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.047	0.151
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.047	0.452
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.047	0.239
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.047	0.388
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.047	0.326
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.047	0.369
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.047	0.393
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.047	0.326
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.047	0.326
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.046	0.409
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.046	0.395
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.046	0.384
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.046	0.477
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.046	0.156
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.046	0.337
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.046	0.270
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.046	1.011
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.046	0.370
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.046	0.435
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.046	0.690
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.046	0.165
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.046	0.165
09050	Blueberries, raw	148.0	1.0 cup	0.046	0.135
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.046	0.153
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.046	0.153
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.046	0.675
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.046	0.356
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.046	0.467
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.046	1.082
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.046	1.082
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.045	0.380
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.045	0.383

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.045	0.449
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.045	0.449
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.045	0.308
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.045	0.283
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.045	0.379
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.045	0.289
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.044	0.128
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.044	0.400
01114	Whey, sweet, fluid	246.0	1.0 cup	0.044	0.364
11190	Cornsalad, raw	56.0	1.0 cup	0.044	0.114
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.044	0.147
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.044	0.115
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.044	0.307
11278	Okra, raw	100.0	1.0 cup	0.044	0.271
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.044	0.423
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.044	0.245
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.044	0.245
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.044	0.222
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.043	0.122
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.043	0.189
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.043	0.419
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.043	0.459
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.043	0.414
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.043	0.177
18214	Crackers, cheese, regular	14.2	0.5 oz	0.043	0.431
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.043	0.431
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.043	0.160
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.043	0.263
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.042	0.333
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.042	0.333
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.042	0.316
11080	Beets, raw	136.0	1.0 cup	0.042	0.582
01070	Dessert topping, powdered	43.0	1.5 oz	0.042	0.479
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.042	0.260
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.042	0.148
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.042	0.128

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.042	0.148
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.042	0.225
01039	Cheese, roquefort	28.35	1.0 oz	0.042	1.040
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.042	0.186
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.042	0.181
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.042	0.138
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.042	0.123
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.042	0.118
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.042	0.314
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.042	0.187
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.042	0.270
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.041	0.396
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.041	0.293
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.041	0.134
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.041	0.139
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.041	0.377
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.041	0.092
18171	Cookies, fortune	28.35	1.0 oz	0.041	0.385
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.041	0.402
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.041	0.311
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.041	0.196
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.041	0.186
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.041	0.186
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.040	0.137
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.040	0.368
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.040	0.116
11457	Spinach, raw	30.0	1.0 cup	0.040	0.103
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.040	0.171
11282	Onions, raw	160.0	1.0 cup, chopped	0.040	0.413
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.040	0.102
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.040	0.120
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.040	0.224
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.040	0.224
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.040	0.130
11963	Nopales, raw	86.0	1.0 cup, sliced	0.040	0.125
09316	Strawberries, raw	152.0	1.0 cup, halves	0.040	0.149

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.039	0.130
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.039	0.180
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.039	0.180
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.039	0.546
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.039	0.518
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.039	0.150
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.039	0.160
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.039	0.242
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.039	0.160
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.039	0.342
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.039	0.310
28292	Crackers, multigrain	14.0	4.0 crackers	0.039	0.309
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.039	0.311
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.038	0.256
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.038	0.358
11591	Watercress, raw	34.0	1.0 cup, chopped	0.038	0.065
09143	Guava sauce, cooked	238.0	1.0 cup	0.038	0.100
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.038	0.135
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.038	0.135
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.038	0.408
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.038	0.324
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.038	0.351
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.038	0.139
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.038	0.352
18223	Crackers, milk	14.2	0.5 oz	0.037	0.352
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.037	0.376
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.037	0.365
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.037	0.119
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.037	0.214
11003	Amaranth leaves, raw	28.0	1.0 cup	0.037	0.082
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.037	0.524
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.037	0.524
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.037	0.287
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.037	0.245
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.037	0.154
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.037	0.154

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.037	0.113
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.037	0.255
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.037	0.161
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.037	0.185
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.037	0.152
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.037	0.152
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037	0.650
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.037	0.416
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.036	0.273
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.036	0.273
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.036	0.104
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.036	0.279
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.036	0.150
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.036	0.150
25059	Snacks, brown rice chips	9.0	1.0 cake	0.036	0.150
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.036	0.477
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.036	0.132
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.036	0.635
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.036	0.285
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.036	0.351
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.036	0.344
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.036	0.218
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.036	0.104
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.036	0.301
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.036	0.312
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.036	0.094
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.036	0.104
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.035	0.258
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.035	0.200
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.035	0.200
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.035	0.286
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.035	0.159
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.035	0.103
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.035	0.181
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.035	0.217
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.035	0.137

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.035	0.149
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.035	0.100
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.035	0.155
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.035	0.160
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.035	0.446
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.035	0.097
18170	Cookies, fig bars	28.35	1.0 oz	0.035	0.259
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.035	0.338
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.035	0.338
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.035	0.151
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.034	0.214
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.034	0.453
01112	Whey, acid, fluid	246.0	1.0 cup	0.034	0.335
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.034	0.079
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.034	0.079
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.034	0.098
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.034	0.140
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.034	0.140
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.034	0.163
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.034	0.163
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.034	0.481
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.034	0.210
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.034	0.094
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.034	0.152
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.034	0.190
11161	Collards, raw	36.0	1.0 cup, chopped	0.034	0.073
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.034	0.096
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.034	0.153
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.034	0.098
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.034	0.098
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.034	0.098
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.033	0.083
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.033	0.132
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.033	0.499
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.033	0.119
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.033	0.119

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.033	0.271
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.033	0.203
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.033	0.119
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.033	0.143
19419	Snacks, corn cakes	9.0	1.0 cake	0.033	0.143
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.033	0.202
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.033	0.202
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.033	0.096
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.033	0.150
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.033	0.150
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.033	0.239
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.033	0.218
11564	Turnips, raw	130.0	1.0 cup, cubes	0.032	0.169
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.032	0.086
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.032	0.269
19524	Snacks, taro chips	28.35	1.0 oz	0.032	0.076
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.032	0.122
18360	Taco shells, baked	12.9	1.0 shell	0.032	0.162
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.032	0.083
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.032	0.234
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.032	0.115
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.032	0.105
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.031	0.121
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.031	0.213
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.031	0.108
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.031	0.082
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.031	0.225
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.031	0.202
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.031	0.165
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.031	0.185
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.031	0.185
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.031	0.312
11086	Beet greens, raw	38.0	1.0 cup	0.031	0.101
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.030	0.278
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.030	0.278
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.030	0.293

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11429	Radishes, raw	116.0	1.0 cup slices	0.030	0.182
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.030	0.252
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.030	0.222
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.030	0.222
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.030	0.405
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.030	0.102
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.030	0.102
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.030	0.102
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.030	0.102
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.030	0.297
09174	Loquats, raw	149.0	1.0 cup, cubed	0.030	0.091
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.030	0.119
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.030	0.253
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.030	0.159
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.030	0.159
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.030	0.262
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.029	0.287
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.029	0.225
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.029	0.235
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.029	0.073
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.029	0.250
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.029	0.284
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.028	0.642
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.028	0.380
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.028	0.129
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.028	0.232
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.028	0.225
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.028	0.259
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.028	0.379
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.028	0.379
21420	KFC, Coleslaw	112.0	1.0 package	0.028	0.181
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.028	0.363
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.028	0.257
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.028	0.257
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.028	0.257

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
02005	Spices, caraway seed	2.1	1.0 tsp	0.028	0.067
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.028	0.109
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.028	0.368
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.028	0.368
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.028	0.092
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.028	0.129
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.027	0.188
18354	Strudel, apple	28.35	1.0 oz	0.027	0.240
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.027	0.164
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.027	0.140
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.027	0.260
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.027	0.194
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.027	0.199
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.027	0.361
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.027	0.262
02033	Spices, poppy seed	2.8	1.0 tsp	0.027	0.120
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.027	0.071
09160	Lime juice, raw	242.0	1.0 cup	0.027	0.162
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.027	0.219
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.026	0.081
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.026	0.181
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.026	0.048
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.026	0.224
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.026	0.124
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.026	0.064
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.025	0.324
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.025	0.166
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.025	0.062
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.024	0.083
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.024	0.223
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.024	0.113
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.024	0.122
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.024	0.087
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.024	0.087
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.024	0.202
21416	POPEYES, Coleslaw	120.0	1.0 package	0.024	0.132

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.024	0.060
19296	Honey	339.0	1.0 cup	0.024	0.061
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.023	0.229
19400	Snacks, banana chips	28.35	1.0 oz	0.023	0.070
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.023	0.084
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.023	0.294
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.023	0.077
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.023	0.062
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.022	0.219
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.022	0.219
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.022	0.080
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.022	0.059
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.022	0.083
09206	Orange juice, raw	248.0	1.0 cup	0.022	0.082
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.022	0.054
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.022	0.106
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.022	0.059
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.022	0.155
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.022	0.190
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.022	0.131
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.022	0.171
09421	Dates, medjool	24.0	1.0 date, pitted	0.022	0.064
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.022	0.061
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.022	0.196
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.021	0.083
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.021	0.116
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.021	0.056
11143	Celery, raw	101.0	1.0 cup chopped	0.021	0.091
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.021	0.050
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.021	0.139
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.021	0.218
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.021	0.178
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.021	0.221
01017	Cheese, cream	14.5	1.0 tbsp	0.021	0.189
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.021	0.066
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.020	0.056

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.020	0.061
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.020	0.050
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.020	0.060
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.020	0.099
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.020	0.082
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.020	0.078
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.020	0.112
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.020	0.109
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.020	0.081
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.020	0.136
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.020	0.067
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.019	0.052
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.019	0.050
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.019	0.213
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.019	0.049
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.019	0.147
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.019	0.072
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.018	0.181
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.018	0.166
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.018	0.166
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.018	0.183
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.018	0.112
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.018	0.045
09252	Pears, raw	140.0	1.0 cup, slices	0.018	0.042
18323	Pie, peach	28.35	1.0 oz	0.018	0.153
02028	Spices, paprika	2.3	1.0 tsp	0.018	0.052
20003	Arrowroot flour	128.0	1.0 cup	0.018	0.064
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.018	0.164
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.018	0.048
09077	Crabapples, raw	110.0	1.0 cup slices	0.018	0.046
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.018	0.072
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.017	0.121
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.017	0.060
09221	Tangerine juice, raw	247.0	1.0 cup	0.017	0.059
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.017	0.047
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.017	0.136

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.017	0.044
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.017	0.144
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.017	0.104
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.017	0.165
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.017	0.202
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.017	0.041
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.017	0.032
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.017	0.147
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.016	0.047
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.016	0.151
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.016	0.189
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.016	0.065
02020	Spices, garlic powder	3.1	1.0 tsp	0.016	0.113
02009	Spices, chili powder	2.7	1.0 tsp	0.016	0.043
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.016	0.058
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.016	0.046
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.016	0.037
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.016	0.037
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.016	0.119
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.016	0.119
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.016	0.058
02015	Spices, curry powder	2.0	1.0 tsp	0.016	0.045
09191	Nectarines, raw	143.0	1.0 cup slices	0.016	0.049
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.015	0.044
09326	Watermelon, raw	154.0	1.0 cup, balls	0.015	0.097
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.015	0.175
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.015	0.191
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.015	0.043
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.015	0.035
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.015	0.045
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.015	0.093
09279	Plums, raw	165.0	1.0 cup, sliced	0.015	0.058
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.015	0.088
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.015	0.041
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.015	0.041

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11213	Endive, raw	25.0	0.5 cup, chopped	0.015	0.042
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.014	0.086
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.014	0.037
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.014	0.039
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.014	0.034
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.014	0.047
01072	Dessert topping, pressurized	70.0	1.0 cup	0.014	0.156
09413	Pears, raw, red anjou	126.0	1.0 small	0.014	0.034
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.014	0.080
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.014	0.097
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.014	0.155
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.013	0.043
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.013	0.044
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.013	0.088
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.013	0.097
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.013	0.126
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.012	0.115
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.012	0.102
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.012	0.052
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.012	0.032
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.012	0.060
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.012	0.044
20027	Cornstarch	128.0	1.0 cup	0.012	0.068
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.011	0.036
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.011	0.031
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.011	0.020
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.011	0.140
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.011	0.051
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.010	0.032
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.010	0.027
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.010	0.029
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.010	0.028
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.010	0.028
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.010	0.041
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.009	0.092
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.009	0.095

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.009	0.095
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.009	0.062
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.009	0.032
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.009	0.081
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.009	0.038
02021	Spices, ginger, ground	1.8	1.0 tsp	0.009	0.014
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.009	0.050
02029	Spices, parsley, dried	0.5	1.0 tsp	0.009	0.018
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.009	0.026
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.009	0.018
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.009	0.016
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.008	0.082
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.008	0.029
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.008	0.052
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.008	0.046
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.008	0.076
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.008	0.076
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.008	0.046
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.008	0.062
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.008	0.062
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.008	0.064
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.008	0.035
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.007	0.013
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.007	0.066
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.007	0.030
02026	Spices, onion powder	2.4	1.0 tsp	0.006	0.050
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.006	0.044
19303	Marmalade, orange	20.0	1.0 tbsp	--	0.006
02011	Spices, cloves, ground	2.1	1.0 tsp	0.006	0.012
19297	Jams and preserves	20.0	1.0 tbsp	0.006	0.022
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.006	0.026
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.006	0.019
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.005	0.023
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.005	0.021
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.005	0.010
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.005	0.020

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.005	0.020
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.005	0.010
11943	Pimento, canned	12.0	1.0 tbsp	0.005	0.017
11156	Chives, raw	3.0	1.0 tbsp chopped	0.005	0.020
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.005	0.018
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.005	0.018
02066	Spearmint, dried	0.5	1.0 tsp	0.005	0.011
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.005	0.015
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.005	0.046
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.004	0.038
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.004	0.020
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.004	0.008
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.004	0.015
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.004	0.016
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.004	0.014
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.004	0.014
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.004	0.029
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.004	0.029
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.004	0.022
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004	0.022
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.004	0.012
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.004	0.022
11960	Carrots, baby, raw	15.0	1.0 large	0.004	0.025
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.003	0.012
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.003	0.013
02044	Basil, fresh	2.5	5.0 leaves	0.003	0.007
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.003	0.034
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.003	0.020
11145	Celtuce, raw	8.0	1.0 leaf	0.003	0.010
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003	0.011
11935	Catsup	17.0	1.0 tbsp	0.003	0.059
11949	Catsup, low sodium	17.0	1.0 tbsp	0.003	0.059
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.003	0.037
09173	Longans, dried	1.7	1.0 fruit	0.003	0.013
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003	0.009
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003	0.009

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.002	0.010
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.002	0.006
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.002	0.019
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002	0.008
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002	0.010
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002	0.009
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002	0.014
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.002	0.007
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.002	0.007
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.002	0.007
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.002	0.009
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.002	0.009
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002	0.003
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.002	0.016
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001	0.005
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001	0.007
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.001	0.041
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.001	0.006
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.001	0.006
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001	0.007
02063	Rosemary, fresh	0.7	1.0 tsp	0.001	0.003
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001	0.009
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001	0.009
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001	0.003
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001	0.006
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001	0.006
11216	Ginger root, raw	2.0	1.0 tsp	0.001	0.003
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.001	0.016
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.001	0.008
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001	0.006
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001	0.008
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.001	0.007
02065	Spearmint, fresh	0.3	2.0 leaves	0.000	0.001
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	--	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	--	0.000
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	--	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	--	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	--	0.000
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	--	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	--	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	--	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	--	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	--	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	--	0.000
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	--	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	--	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	--	0.000
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	--	0.000
04528	Oil, walnut	13.6	1.0 tbsp	--	0.000
02047	Salt, table	6.0	1.0 tsp	--	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	--	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	--	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	--	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	--	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	--	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	--	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	--	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	--	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	--	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	--	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	--	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	--	0.000
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	--	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	--	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000	0.040
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	--	0.000
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	--	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	--	0.000

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	--	0.000
04574	Fat, duck	12.8	1.0 tbsp	--	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	--	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	--	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	--	0.000
04542	Fat, chicken	12.8	1.0 tbsp	--	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	--	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	--	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	--	0.000
04534	Oil, babassu	13.6	1.0 tbsp	--	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	--	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	--	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	--	0.000
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	--	0.000
04529	Oil, almond	13.6	1.0 tablespoon	--	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	--	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	--	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	--	0.000
04055	Oil, palm	13.6	1.0 tbsp	--	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	--	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	--	0.000
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	--	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	--	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	--	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	--	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	--	0.000
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	--	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	--	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	--	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	--	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	--	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	--	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	--	0.000
04575	Fat, turkey	12.8	1.0 tbsp	--	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	--	0.000

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
04002	Lard	12.8	1.0 tbsp	--	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	--	0.000
19018	Fruit syrup	334.0	1.0 cup	0.000	0.007
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	--	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	--	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	--	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	--	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	--	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	--	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	--	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	--	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	--	0.000
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	--	0.000
04530	Oil, apricot kernel	13.6	1.0 tablespoon	--	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	--	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	--	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	--	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	--	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	--	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	--	0.000
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	--	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000	0.020
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	--	0.000
04047	Oil, coconut	13.6	1.0 tbsp	--	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	--	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	--	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	--	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	--	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	--	0.000
04576	Fat, goose	12.8	1.0 tbsp	--	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	--	0.000
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	--	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	--	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000	0.069

NDB_No	Description	Weight(g)	Measure	Glycine(g) Per Measure	Glutamic acid(g) Per Measure
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	--	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	--	0.000